

Yoga Bharati

<http://www.yogabharati.org>

Stress Management & Saturday Retreat

Shri N.V. Raghuram

<http://www.vyasa.org>

[All discourses are in English]



Weekdays

Topic: Stress Management of Excessive Tension (popular as **SMET**)
Date: 15th to 18th (Tue - Fri) Nov 2005
Time: 6:30am - 8:00am (Note: mornings)
Donation: \$40.00 (paypal link provided on the website)
Venue: Sunnyvale Hindu Temple, 450 Persian Dr, Sunnyvale, CA

SMET is a unique technique formulated by VYASA to release stress and improve efficiency. Enhance quality of life by reducing stress induced ailments. These series of workshops include simple, repetitive yoga postures and in-depth theory (slides used).

Weekend Retreat

Date: 18th Evening and 19th Saturday whole day - Nov 2005
Time: Fri – 6pm to 9pm; Sat – 9am to 5pm
Food: Friday dinner, Saturday lunch and snacks provided
Donation: \$50.00 (covers food & facility expenses – use paypal)
Venue: Braly Park, 704 Daffodil Ct, Sunnyvale, CA

Topics: Brief overview of topics (subject to change)

- ✚ Ideas from Nirvana Shatakam
- ✚ Guilt – How and Why?
- ✚ Rebirth – Analysis from Yogic perspective
- ✚ Pranayama – Concept of Prana, theory and practice
- ✚ Brain functions during Dream, Sleep and Meditation...
(Includes research studies at VYASA)
- ✚ Analysis of Happiness
- ✚ Knowledge Vs Non-Knowledge (Vidya and Avidya)

Registration rsvp@yogabharati.org [Registration is Absolutely Necessary]

Donations Can be paid through paypal link from www.yogabharati.org website.
Or by sending check to the address on the website, follow donations link.
Kindly note the topic while paying.

Information Sharat Joshi sharatj@yogabharati.org 408-823-6986
Mark Ruane markr@yogabharati.org 408-734-3236