



Yoga Bharati



Los Angeles Chapter Yoga Classes in Valencia

Learn Science of Yoga - Postures, Breathing, Meditation

- Where?*** 26640 Bouquet Canyon Road,
Santa Clarita, CA 91350
(Founders Hall, Santa Clarita United Methodist Church)
- When?*** Every Saturday, 8:00 AM to 9:30 AM
Starting from February 20, 2010
- Prerequisites?*** None
- Cost?*** None (Suggested donation \$5 per class)

For information call or e-mail:

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Yoga Bharati is a voluntary 501 (C) (3) nonprofit organization that is dedicated to bringing Science of yoga to everybody. Experienced volunteer-instructors use an effective and natural teaching technique based on curriculum developed by **SVYASA**. Participants will learn basic yoga techniques including Postures, Breathing and Meditation.

SVYASA is Yoga Research Institute at Bangalore India and is a Deemed University recognized by Government of India. Institute is renowned throughout the world for its contributions to yoga as a **practical life science**. It offers training and knowledge that is derived from breakthrough yoga research and its practical implementation. The institute has state of the art research facility and conducts joint research programs with various medical institutions throughout world. Yoga Bharati is USA based non-profit organization affiliated with SVYASA

Visit <http://www.YogaBharati.org/la> for more information