

Yoga Bharati



Yoga classes for special groups

- *More people are embracing Yoga as a regular practice than ever*
- *Yoga is a great complementary therapy to all stress related ailments*
- *Yoga does not have any side effects if practiced correctly*
- *Yoga helps greatly during pregnancy*

Classes offered at 2 convenient locations

Location	Class	Date/Time	Fees
Cupertino 7630 Kirwin Lane Cupertino CA 95014	Yoga for Weight Management/Obesity * New * Starting 03/09/10	Monday and Thursday 7:00am to 8:15am	Yoga for Weight Management \$96 for 8 classes (2 times a week) Other Classes: \$96 for 8 classes \$60 for 4 classes 17/session Drop In
	Yoga for Asthma/Nasal Allergy Starting 03/07/10	Sunday 4:00pm to 5:15pm	
	Yoga and Gita for Kids Starting 03/06/10	Saturday 9:30am to 11:00am	
	Yoga for Personal Growth and Stress Management Starting 03/07/10	Sunday 7:00am to 8:30am	
	Yoga for Back Pain Starting 03/06/10	Saturday 7:45am to 9:00am Wednesday 6:30pm to 7:45pm	
Sunnyvale Fair Oaks Apartments 655 South Fair Oaks Ave Sunnyvale CA 94086	Prenatal Yoga Starting 03/06/10	Saturday 8:30am to 9:45am	

Registration is necessary. We limit the class size for individual attention, Register early to reserve a seat.

Contact

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therapy@yogabharati.org

Class Format

Yoga Bharati follows Vashistha style of Yoga. Breathing, Loosening, Asanas, Pranayama, Meditation, special techniques to address your condition, Bhajans, relaxation techniques, taught by our friendly and experienced instructors.

Please visit www.yogabharati.org/therapy for more information

Disclaimer :: Please consult your doctor before starting any Yoga class.