



OM VEDIC HERITAGE CENTRE

Call 93859520/shailu  
for registration

# YOGA for GENERAL HEALTH

## @ \$120 FOR 10 LESSONS

## Jan-March 2011

Discover and practice this great Vedic tradition called 'Yoga' and learn from our experts the daily dose or the basics for regular practice.

DATE	TIME
10,17,24,31,JAN; 7,14,21,28,Feb; 7,14 March	<b>Mondays</b> <b>10.30-11- 30am</b>
8,15,22,29,Jan;5,12,19,26 Feb;5 12 March	<b>Saturdays</b> <b>11am-12nn</b>
2,9,16,23,30Jan;6,13,20, 27,Feb; 6 March	<b>Sundays</b> <b>8.30-9.30am</b>

### What will you learn?

- Yoga concepts
- Breathing exercises
- Sun Salutations
- Moon Salutations
- Yoga Postures
- Pranayama
- Relaxation Techniques

**Methodology:** Discussion based; Gentle/Gradual approach to Yoga and Yoga way of life; Use of audio and printed material for reference; Use of techniques like Cyclic, Meditation, Deep Relaxation Technique (DRT) etc

### VENUE

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