



Yoga for Harmony & Peace

International Day of Yoga at Sri Sai Narayana Org

Join us for mediation & Yoga journey starting on the
International Yoga Day on
Jun 21, 2016 through June 25th , 2016

The workshop will include: Introduction to Yoga & Meditation, Asanas (Yogic postures), Pranayama (breathing exercise), meditation techniques, and “OM” chanting.

Instructor: Ms. Karthika Mohanchandra

When: Evenings from 6 30 pm to 7 30 on June 21st—24th,2016; 6 30pm—8 30pm on June 25th 2016.

Highlights: The work shop will conclude with participation in an unique Yantra Puja and Mantra Chanting.

The fee for the 5-day workshop is \$75/- per person, and each participant is required to bring a Yoga mat with them.

For more information or to book a slot, kindly contact Babu Jammi @ (804)868-8800 or Karthika @ 804 614-5861 or send us an email: info@srisainaryana.org