



Sri Venkateswara Temple
& Cultural Center, Novi, MI

YOGA

- SIMPLE AND EFFECTIVE

Two-Day Free Yoga Workshop

Jul 28th 9am-1pm, Jul 29th 11am-1pm; 2pm-7pm

We are happy to announce that Mr. K. Vijayaraghavan from Chennai, now on a visit to USA, would be conducting the program, as below:

- ❖ Definitions of yoga as in 'Bhagawad Gita' and in sage Patanjali's 'Yoga Sutra'
- ❖ Concept of 'Ashtanga Yoga' with references and explanation
- ❖ 'Om' Chanting- Relevance and Process
- ❖ Forward, backward and sideways twisting/ bending 'asana' postures- About 15 would be taught
- ❖ Corresponding breath, 'chakra' awareness and co-ordination for each asana
- ❖ Pranayama and Moolabandha
- ❖ 'Yoganidra'- the supreme relaxation and meditation technique. Its concept, methodology, visualization and sequence of actual performance
- ❖ Particular neck exercises for spondylosis with breath co ordination
- ❖ Inspiring writings/poems of both the East and the West.

NOTES: Detailed notes with instructions and diagram on each 'asana', notes on 'pranayama', 'bandha' and 'yoga nidra', besides copies of some of the published articles of Mr. Vijayaraghavan would be made available to the participants

About Mr. Vijayaraghavan:

Initiated into yoga asana during his childhood by his mother, he was later trained by the Bihar School of Yoga and by other renowned teachers. He is also the author of about 400 articles on related issues in 'Economic Times,' a renowned daily of India. He has conducted programs on yoga in India as well as in USA. He has also written articles on varied topics in 'The Hindu' and 'The Indian Express.'

IMPORTANT: While care would be taken to teach proper performance, all participants are advised to check with their physician/specialists if any of those would not suit them and thereafter to decide on performing these

To register, please send an email to register@svtemplemi.org