



D/FW Hindu Temple Society

Ekta Mandir



Subject: **Yoga Class Spring 2015 for the Beginners**

Hari Om!

I am very happy to announce the 2015 "OM-YOGA-DARSHAN" class for the Beginners. The classes will be held at the D/FW Hindu Temple, Irving, Texas.

*Yoga is the science of right living. It is supposed to be incorporated in one's daily life. It works on all aspects of a person- **Physical, Mental, Emotional and Spiritual**. Keeping this in mind, a 10-week course is being offered by Mrs. Sarita Gaitonde.*

Sarita was introduced to Yoga in her teenage years in Mumbai. However, for past 14 years she has been actively learning and practicing yoga-sadhana under the guidance of her guru- Yogaacharya Shrikrishna Vyavahare of Thane, Mumbai. Her 84-year-old guru has dedicated his entire life for the cause of Yoga, has written dozens of books on the subject and has trained hundreds of Yoga-teachers. In addition to her yearly training with her guru, Sarita also has completed a Yoga Teachers' Certificate Course from a renowned institution called Kaivalyadham of the City of Lonavala near Mumbai. This institution was established in 1924 and is known all over the world for teaching traditional Yoga and its efforts to scientifically investigate the field of Yoga. Every year Sarita visits India to enhance her knowledge of Yoga Teaching.

About this course:

This course will include 4 main topics of Yoga – **Shuddhikriya, Asanas, Pranayama and Yoganidra.**

Starting Date:	Saturday, March 21, 2015
Days:	Every Saturday mornings for 10 Weeks
Time:	8:30 AM to 10:30 AM
Fee:	\$50.00 (this is a donation to D/FW Temple for use of their facility)
Preparation:	Each Sadhak (Student) must bring a yoga-mat, a towel and a light blanket to cover yourself during Yoganidra .
Clothes:	Light, loose cotton clothes that are comfortable for movement (No Shorts Please).
Food Intake:	Empty stomach is most desirable. Water, tea or coffee (one cup) may be taken at least 1 hour prior to class.
Bath:	Hot shower before the class is highly recommended for the purity of body and mind.

Enclosed is the Registration Form. Please bring the filled form with the check written to the 'DFW Hindu Temple Society

Your dedication, determination and devotion in performing 'YOGA' will invigorate your life with physical fitness, mental alertness and emotional stability.

Hari OM!

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