



Hindu Temple and Cultural Society of USA, Inc. (HTCS)

Sri Venkateswara Temple (Balaji Mandir) and Community Center

One Balaji Temple Drive
Bridgewater, NJ 08807, USA

Telephone 908-725-4477
www.venkateswara.org



International Yoga Day

Join us at HTCS to celebrate International Yoga Day led by certified yoga instructors.

The Program will include:

- An overview of types and styles of yoga
- Introduction to Raja Yoga including
 - asana fundamentals
 - benefits of props
- Instructions for pranayama
- Guided relaxation and meditation

Please bring the following items:

- Yoga Mat, 2 Yoga Blocks, Yoga Strap, Yoga Blanket, Towel and Water



Wear comfortable clothing (Shorts and short tops are not allowed at the Temple).

Schedule: Saturday, June 16th, 8:30 A.M. – 12:30 P.M.

Location: HTCS Banquet Hall

Instructors :

Ms. Madhu Anant, Ph.D., RYT

Madhu Anant has been practicing yoga over 30 years. She was initially trained in traditional Hatha Yoga in India by the late Janardan Swami in Nagpur, a Master Yogi, a Sanyasi and a Bhikshuk. In the US, Madhu further pursued training in Shivananda yoga, B.K.S. Iyengar and the Himalayan tradition of Swami Rama. Madhu is an advanced yoga teacher and is registered with Yoga Alliance, as well as the Himalayan Institute Teachers Association.

Ms. Mythri Srinivasan Menon, MS, E-RYT200, RYT500, YACEP

Mythri is a speech pathologist as well as certified Yoga Instructor practicing and teaching yoga for 20 years. She has also completed Mediation Teacher Training and Prenatal/Postnatal yoga training at Yoga Life Institute in PA; and Restorative Yoga teacher training at Kripalu Yoga Ashram, MA. Mythri is certified to teach Raja (Ashtanga) Yoga, Children's Yoga, Pre-Postnatal Yoga, Senior and Restorative Yoga.

Contact: education@venkateswaratemple.org

**** Limited Seats, Prior registration is required ****

Register now using the link on top of the flyer