



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



HTCS proudly presents Adults Yoga Classes

A typical class includes

- A focus on mind awareness (Manas/Chitta)
- Connection of breath to the flow of movement (Viniyasa)
- A connectedness to the eight limbs of Yoga (Asthanga)

Schedule:

6 Sundays: March 17th - April 21st, 2019

(Mar 17, 24, 31 & Apr 7, 14, 21)

Time: 9:00 AM – 10:30 PM

Location: HTCS Classroom

Highly qualified instructors with several years of experience.



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

Register using the link on top of the flyer