



**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



## Yoga Class for Adults

A typical class includes a focus on mind awareness (Manas/Chitta), connection of breath to the flow of movement (Viniyasa) and a connectedness to the eight limbs of Yoga (Asthanga).

**Schedule:** 9:00 – 10:30 AM, Every Sunday  
From **Sunday Sep 10<sup>th</sup> thru Dec 17<sup>th</sup> 2017**

**Location:** Old Sannidhi Building



### **LIMITED SPACE**

**As many registrants are awaiting this class, please do not register unless you can certainly attend this class.**

#### **Yoga Teachers:**

**Ms. Shalini Rajamni:** Shalini has been instructing yoga for 17 years for both kids and adults. She was trained at Santacruz institute in Mumbai. Teaching yoga is her passion and she currently teach yoga at JCC, YMCA, Corporate and Nonprofit organizations. Shalini says Laughter Yoga is her best!!!!

#### **Ms. Madhu Anant, Ph.D., RYT**

Madhu Anant has been practicing yoga over 30 years. She was initially trained in traditional HathaYoga 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.

**Mythri Srinivasan Menon, MS,** is a speech Pathologist and RYT 500+ Yoga Instructor practicing 20 years. She has also completed Mediation Teacher Training and Prenatal/Postnatal yoga training under at YogaLife 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.

**Ms. Pallavi Amin** is a certified yoga teacher who completed the Sivananda Ashram one month residential course in Hatha yoga along with 4 path and five points of yoga. She has been teaching at YMCA for 12 years and also teaches children at the Goddard day care center. Pallavi loves teaching people of all ages and bringing harmony, Health and Happiness to them.

**Ms. Chaya Rajaram** is a RYT-200 certified yoga teacher and teaches at a local Yoga Center. She has trained with gurus both in India and the US, and her years of study in Vedic philosophy with Swami Dayananda Saraswati lends a unique meaning and knowledge to her yoga practice and teaching. She is happy to give back to the community by teaching at the Bridgewater Temple.