



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 (Astanga).

Schedule: 9:00 – 10:30 AM, Every Sunday
Mar 4th thru Jun 17th, 2018

Location: New Class Rooms



LIMITED SPACE

Prior Registration Required. No Repeat Registrations.

Yoga Teachers:

Ms. Shalini Rajamani: 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.

Ms. 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 Gurukul Yoga Center in Bridgewater. 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.