



FREE YOGA CLASSES EVERY TUESDAY,  
7 PM TO 8:30 PM

Dear Brothers and Sisters,

It gives us immense pleasure to inform you that we are going to start meeting at Indian Culture Center - Lotus Hall from March 2, 2010 (Tuesday) for a regular weekly Yoga class. The timing will be 7pm through 8:30 pm. Yoga class will include stretch out, Pranayam ( Breathing Exercises ) and Asana ( Yoga Poses). As the class progresses, we will include some more practices and techniques.

We all know the importance of Yoga in our well being. Yoga not only helps maintain good health, it also calms our mind down. It prepares ourselves to seek a higher purpose in our life. Yoga has been proved to be a solution to countless diseases that human beings are suffering from. Yoga is not just a physical exercise it is a way of life. It brings harmony, health, peace, satisfaction, discipline, purity and concentration in our life. Yoga is the best medicine for our stressful life. We, therefore, would like to encourage you to join this Yoga class and avail all these benefits.

This Yoga class is free for everyone. Also, no formal membership enrollment is required. Please bring your yoga mat and bed spread or blanket with you. If you are suffering from any serious ailment, we would encourage you to see your doctor and seek his/her advise about joining Yoga class before you join it. Yoga Instructors, ICC or Gujarati Samaj of Tampa Bay will not be responsible, directly or indirectly, for any complications developed due to practice of Yoga.

Please circulate this message to all your friends who are interested in Yoga.

Look forward to meeting you all at ICC.

Regards,

Yoga Instructors, ICC and Gujarati Samaj of Tampa Bay.