



Health and Happiness, the Yoga way

4 HOURS YOGA workshop sponsored by

**Bharat Sevashram Sangha West (www.bsswest.org),
Southern CA Tamil Organization (www.SOCALTAMIL.org) &
VIVEKANANDA YOGA Research Foundation**

In the service of community at large as per following

Date: AUG 16th 2014 – SATURDAY

Place & Address: **The Bharat Sevashram Sangha West, 5600 Carbon Canyon Road, Brea, CA 92823**

Time: 8:30 AM to 1:30 PM with 40 mins break in between for LIGHT SNACKS. There are two breaks 20 minutes each.

Please Note:

- * This session will have Practice mostly and theory about 15 minutes at beginning.**
- * Please wear comfortable clothing. Bring a yoga mat/Bath towel.**
- * Empty stomach as much as possible before 1 hour of the class. Have Very Light breakfast if required. (4 hours after lunch/2 hours after light breakfast/1/2 hour after tea/coffee/juice etc to achieve max benefits)**
- * Conducted by a Team of VIVEKANANDA YOGA research foundation-USA. Mr. Chakrapani / Gary Varma are heading this effort.**

Suggested Donation: \$5 for entire Session. Cash or Check payment only. Check to be made “The Bharat Sevashram Sangha West”.

Note: If anyone sponsors lunch & light snacks, there is no donation required.

We can take only 40 members for this class and please RSVP sooner.

Frequently ask questions:

Question: How to register it?

Answer: Please send an email to pbala@bestitexperts.com and kvchakra@gmail.com

Question: Can I ask Questions and limitation about this program?

Answer: Please send an email to pbala@bestitexperts.com and kvchakra@gmail.com; we can get an answer in 48 hours. Drink lots of water before YOGA class and do not take hard/soft food items for 2 hours before the Class. Please SWITCH OFF your cell phone or keep it SILENT mode. It is very important not to disturb other members when you attend YOGA Class.

Question: What is the time-limit to register this program?

As long as we get 40 members, the registration will be CLOSED. We can't honor not more than 40 members due to space limit. Hope you understand our difficulties here.

Question: How to cancel my registration during final hour changes?

Answer: Please call 714 588 0602 (Bala P) and/or send email to pbala@bestitexperts.com; kvchakra@gmail.com. Try to use email for communication and it is easy for us to manage.

“Service to community means service to God”