

## BRIEF DESCRIPTION OF YOGA PROGRAM AT HTW UPDATED FEBRUARY 2010

Yoga program is now in its 4<sup>th</sup> year of existence, lot has been accomplished since its inception 1) the membership has steadily grown from about 10 to 40 or so 2) 3 yoga seminars yearly has been conducted with high praise for the program seminars 3) 2 yoga instructor certificate examinations were conducted and certified instructors are now conducting yoga classes for the community as volunteers 4) for the first time in 2009 certification in both Hatha yoga and Vinyasa yoga was conducted after an intense 6 months course of instruction and training, the certified instructors are presently undergoing further 6 months of practical training, these instructors can be considered as suitable to teach vinyasa yoga, which is a highly disciplined and challenging type of yoga in the tradition of legendary Tirumalai Krishnamacharya. The level taught is at levels 1&2. 5) Professor Laxman Kumar Sannellappanavar the person responsible for starting the yoga program at HTW, for encouraging me to keep the fire of yoga burning and spread its warmth to all sections of the community. Most of us call him GURUJI, we are ever so grateful for all he has done and I will do my best to make him proud. The following programs are offered at the Temple

- 1) VINYASA YOGA COURSE is taught over a 6 months period in a class room setting, in addition requires further 6 months of practical training before obtaining certification, the examination consists of both essay and multiple choice questions, practical demonstrations and demonstration of teaching skills. The course starts in April(last Thursday) and ends in September(last Thursday) the classes are held once a week on Thursdays, the fee is \$175.00 for the course, the course is suitable for serious yoga students who are physically fit and looking for a highly aerobic and challenging program. Remember that some students drop out after 1 or 2 classes; many do not complete the full course due to its highly aerobic nature. Contact Priya Gunasekaran.

The course is limited to maximum of 12, minimum of 6, if the minimum number of students do not enroll by middle of April, the course will be cancelled for 2010. The course is taught by Dr.Nanda. Contact Priya Gunasekaran

- 2) GENERAL YOGA CLASSES are held 2 times a week (Mondays, Tuesdays), these classes suitable for all levels of fitness and less demanding than Vinyasa classes. Contact Aekta Shah or Priya Gunasekaran
- 3) VINYASA YOGA PRACTICE SESSIONS are open to those who have gone through a course of instruction and have taken the examination and for the purpose of meeting the practical requirement as well as refining their skills, the classes held on Mondays and Wednesdays. Contact Priya Gunasekaran
- 4) CHILDREN/KIDS YOGA CLASS on Saturdays, initiated by Miss Aekta Shah Runs concurrently with adult beginner's class, the details should be obtained from Miss Aekta Shah or Priya Gunasekaran
- 5) YOGA CLASS FOR SENIORS on Sundays conducted by Dr.Nanda, see HTW website yoga page for details

GENERAL QUESTIONS on yoga program, fee schedules or any other yoga related issues please contact Priya Gunasekaran. I would like to thank the president and the board of directors of HTW for their support and encouragement for the yoga program

We are hoping to increase total YOGA MEMBERSHIP in 2010 to at least 75 –100 members, if you have any ideas how to accomplish this goal, please let Priya Gunasekaran know and the president of HTW.

Remember we will have at least one HIKING TRIP, one YOGA PICNIC in summer, YOGA SEMINAR in September 2010. Any other ideas for the group?

Welcome to the yoga family, in the true spirit of yoga, let love, respect, good health unite us all

THIM.P.NANDA, MD

#### PROGRAM STRUCTURE AND FEE INFORMATION

Day	Time	Class Type	Instructor	Fee in \$
<b>Sunday</b>	9 to 10:30am	Senior (Spl prog)	Dr. Thim Nanda	175- Annual
<b>Saturday</b>	9 to 10am	Beginners (Spl Prog- May to July)	Dr.Nanda/Priya	75- 3 months
<b>Saturday</b>	9 to 10am	Kids (Spl prog- 6 months)	Aekta Shah	Free for Annual members or \$10/mo
<b>Saturday</b>	10 to 11am	Family Yoga (Spl prog- May to Sep)	TBA	TBA
<b>Monday</b>	6 to 7:30pm	General Yoga	Vasanthi Shetty	175- Annual
<b>Tuesday</b>	6 to 7:30pm	General Yoga	Dr. Nagaveni Reddy	“
<b>Monday</b>	6 to 7:30pm	Vinyasa Practice (Spl prog- April to Oct + practice)	Poornima	175- Annual
<b>Wednesday</b>	6 to 7:30pm	Vipassana (Spl prog)	Dr. Nanda	“

<b>Wednesday</b>	6 to 7:30pm	Senior Practice	Dr. Nanda	
<b>Thursday</b>	6 to 7:30pm	Vinyasa yoga course2010 (Spl prog starting April 29 <sup>th</sup> )	Dr.Nanda/Thulasi	175- 8 months

## GENERAL INFORMATION ABOUT YOGA CLASSES 2010

The class structure, content, number of classes will depend on the 1) number of registrants for yoga program 2) duly paid registrants 3) preference is given to annual payment registrants, since it is easy to plan classes and content for them 4) any class that has relatively few students will be combined with another similar class and converted into a single class. November to march (winter), the number of classes will vary. 5) Please obtain information from Program Director (Priya) regarding, yoga mat, assistive devices, meditation cushion, suitable clothes to wear etc. You will have a better Yoga experience if you are better informed and choose the class that is right for you.

**General Yoga programs-** Run all year round Jan through Dec. All annual memberships renewable by Jan 15<sup>th</sup> and expire on Dec 31<sup>st</sup>. For any class to run there should be at least 6 duly paid members apart from the instructor.

Registration for General Yoga classes open all year round. Monthly fee is \$25 per person. \$40 for couples. Annual fee is \$175 per person and \$300 for couples. Kids of Annual members attend kids yoga for free (5—11 years), but children 12 or older and **non-annual** members' kids pay \$10.00 per month,

**Special programs-** Have separate fees and are run for a limited period of time. They are usually one day a week and require strict adherence to attendance. Some of the courses will have an additional practice session a week. Participants are eligible for certification of completion for programs like Vinyasa Yoga.

### Upcoming programs Spring/Summer 2010:

**Beginners course** – Starts May 1<sup>st</sup> 2010, Saturdays

This is a specially designed 3 month course for beginners to provide them a glimpse of yoga's many facets and how it can make a big difference in your life, it is important to have a strong foundation of yoga because it is a lifelong pursuit, it can offer you more than any exercise program, if you are serious about yoga consider this as a first step

Course of instruction include 12 point test, basic asanas, highlighting do's/don'ts, yoga anatomy, safety, Patanjali's yoga sutras, basic pranayama and meditation) this course has attendance requirement and eligible for certificate of completion. You must practice for 3 months after completion of the course

**Kids Yoga** – Starts Mid May, Saturdays

**Family Yoga-** 2 month program (2 sessions) Starts May 2010 Day and time: TBA

**Vinyasa certification programs-** Starts April 29<sup>th</sup> 2010

This is a very aerobic and challenging program and suitable for those who enjoy the aerobic aspects, it also provides a variety of planned sequence of movements, makes the program an exciting one, it is 6 months in duration followed by 3 months practice. This course has strict attendance requirement (80%).

Details on each course will be sent out by April 1<sup>st</sup>. If you or any of your friends are not signed up on the email list please emails us and your name will be added to the list. Look out for our monthly articles and program advertisements in HTW Patrika.

\*Registration for special programs starts April 10<sup>th</sup>.

Contact information:

Priya: 262-264-5938 ® or [yoga@hindutemplewis.org](mailto:yoga@hindutemplewis.org) for more details.

Swami: swamibegur@gmail.com

Aekta (kids yoga): aekta\_shah@yahoo.com

\* The classes are held at Jain Temple, library hall. Classes will not take place on major holidays.