

# About HTW Yoga Programs

*Vinyasa Certification Programs. Senior Yoga.  
Kids Yoga. Hatha Yoga. Beginners Yoga Medley*

*The Yoga program at the Hindu Temple of Wisconsin offers a variety of courses for adults and children. The founder of the yoga programs at HTW Dr. Thim P. Nanda instigated the program at the Hindu Temple of Wisconsin with the help of Professor Laxman Kumar Sannellappanavar founder and head Utsahi Institute of Yoga and holistic health and cultures Dharwad, Karnataka, in 2007. He and his wife Dr. Usha Nanda have contributed tremendously towards the community as Yoga Educators.*

*The team also comprises of Vasanthi Shetty, Dr. Nagaveni Reddy, Aekta Shah, Ramki Narayana and Bharti Sangvi as Hatha Yoga Instructors and Thulasi Narayanan, Maggie, Priya and Poornima who are newly certified in instructing Vinyasa as well as Hatha yoga. All instructors are volunteers and are very dedicated in helping participants improve their skills in learning yoga.*

## Upcoming Training Programs for 2010:

*Vinyasa Yoga level 1&2: April 29<sup>th</sup> to October.  
Fee: \$175*

*Followed by a written examination and a practical test, participants become eligible for completing the Vinyasa Course with certification. It is a 6 month course (April to September) which entails a strict adherence to attendance to receive a certification of completion. The Vinyasa program offers information on the ancient history of Yoga and instills a deeper understanding/ appreciation for our ancient/ modern pioneers in Yoga and their scriptures. The training part of this course emphasizes on structure, alignment, preciseness and elegant aerobic movement. Classes are conducted once a week on Mondays and/or Wednesdays (Level 1 & 2) depending on enrollment.*

*Senior Yoga: Fee \$60/3mos or \$175/yr*

*Sundays 9am to 10am:*

*2<sup>nd</sup> session starts June 6<sup>th</sup>.*

*A safe and well-designed program for Seniors will commence on Feb 14<sup>th</sup> 2010 and continue for 12 weeks.*



Jain Temple Hall

Hindu Temple of Wisconsin

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## About Programs offered currently at HTW

*Kids Yoga: Saturdays 9:00am to 10:00am starting  
Mid May 2010*

*Every Saturday we have classes for Kids at the Jain Temple Hall. This is a wonderful opportunity for children to learn about discipline, motor control, respect, care and tolerance, etc. Please contact Aekta for registering.*

*General (Hatha) Yoga Programs: Mondays  
& Tuesdays 6:00pm to 7:30pm*

*We have general Hatha Yoga classes offered twice a week. New participants sign up monthly/yearly at the temple office for these programs. They start with the beginner level classes, once a week for 3 months and as per the instructor's advice they start to participate in other general classes. These classes continue to run throughout the year and members can enroll anytime during the year. These classes are conducted to encourage members to continue to practice yoga all year round.*

*Beginners Course: Saturdays 9:00am to 10:30am:  
starting May 1<sup>st</sup> 2010.*

*This is a 3 months course specifically designed for new comers to help them learn about the basics and ethics of yoga. They are also introduced to pranayama and different meditation techniques during this course. This is a more fun filled program where participants look forward to learning something new every week.*

*Enrollment begins April 10<sup>th</sup> for new progs:*

*On the spot registration April 18<sup>th</sup>: 10am to 12pm at  
HTW main lobby.*



*All sessions are conducted at the Jain Temple Lecture Hall. Our programs are designed to encourage people to make yoga a part of their everyday lifestyle and make a stride towards filling their lives with the joy of being a yogi (finding oneness/joy in everything they do).*

*For more information on the upcoming Vinyasa, Beginners and other programs/registration enquiries please contact:*

*Priya:  
[yoga@hindutemplewis.org](mailto:yoga@hindutemplewis.org)*

*Swami:  
[swamibegur@gmail.com](mailto:swamibegur@gmail.com)*

*For Kids Yoga contact:*

*Aekta:  
[aekta\\_shah@yahoo.com](mailto:aekta_shah@yahoo.com)*

*Or contact temple office at: 262.695.1200*

*Yoga enquiries: 262.264.5938*

*Or visit us at [www.hindutemplewis.org](http://www.hindutemplewis.org)*

*Sarve Bhavantu Sukhinah Sarve Santu Niramayah Sarve Bhadrani Pashyantu*

*Maakascchit Dukkha Bhag Bhavet Om Shanti Shanti Shanti Hari Om*