



Hindu Temple of Wisconsin (HTW)

Yoga Program *for*2012

Hari Om!

The yoga program is offered as a community service by the Hindu Temple of Wisconsin with volunteer teachers dedicated to provide quality YOGA program for community benefit. The key objective of the program is to increase awareness and participation in yoga program by the community.

Yoga Committee

Yoga committee will be the sole body that would be responsible for designing the HTW yoga program structure. They will work with the community to get the feedback on the program from the community members interested in learning and practicing Yoga at HTW.

They committee will include a HTW Board member who will be the liaison between the HTW Yoga program and the HTW Board. The committee will also be represented by Yoga instructors and also by community members. The following are the members of the Yoga committee who were elected by the meeting held on 6th October 2011.

#	Committee Member	Phone	Email
(1)	Ashok Desai	262-457-4228	ashokdesai@hotmail.com
(2)	Dr. Manohar Ahuja (HTW Board Member)	414-839-1571	mahuja_2000@yahoo.com
(3)	Poornima Pradeep	414-202-6946	pradeep.poornima@gmail.com
(4)	Sandra villa	262-542-5643	svilla@wi.rr.com
(5)	Vasanthi Shetty	262-781-9336	kshetty@sbcglobal.net
(6)	Dr.Nagaveni Reddy	262-391-0905	nagavenimr@yahoo.com
(7)	Thulasi Narayanan	262-264-5938	mtnarayanan@yahoo.com

The yoga committee will meet once in a quarter to review and update the HTW yoga programs.

Yoga Instructors

The following is the list of certified Yoga instructors. These instructors have gone through a systematic study and were certified by Hindu Temple of Wisconsin along with Utsahi Institute of Yoga, Dharwad.

- (1) Poornima Pradeep (Hatha & Vinyasa Yoga Instructor)
- (2) Vasanthi Shetty (Hatha Yoga Instructor)
- (3) Dr.Nagaveni Reddy (Hatha Yoga Instructor)
- (4) Thulasi Narayanan Muniraj (Hatha & Vinyasa Yoga Instructor)
- (5) Priyadarshini Gunasekaran (Hatha & Vinyasa Yoga Instructor)
- (6) Bharati Sanghavi (Hatha Yoga Instructor)
- (7) Aekta Shah (Hatha Yoga Instructor)
- (8) Dr.Manohar Ahuja (Laughter Yoga Instructor)

Yoga Class Structure

The various styles followed in the Yoga class are given below. The differences only in the way the asanas are practiced, the asanas themselves remain same across the different styles.

- (1) Hatha Yoga Style - Few asana(s) from six categories namely sitting, standing, prone, supine, inversion and miscellaneous will be practiced in the session.
- (2) Power Yoga Style – Similar to the above except that the poses are held for some time (between 1-2 minutes) to build strength and power.
- (3) Vinyasa Yoga Style – The asanas are done in a flow sequence. The style is based on the teachings and traditions of Late Sri Krishnamacharya. The flow is devised on the available knowledge of medicine and science. Sanskrit chanting and devotion can also be part of the program
- (4) Laughing Yoga Style – The group will laugh it out louder and softer to get themselves energized. It really helps you to open yourself to the world.

Each class will include one or more of the following

- (1) Opening Prayer
- (2) Chanting
- (3) Asana Practice
- (4) Pranayama Practice
- (5) Meditation – Sit in Silence
- (6) Laughter Session 😊
- (7) Closing Prayer
- (8) Resting Poses ☺ (of course)

Yoga Class Schedule & Instructors

The following schedule for Yoga program was agreed upon (beginning the week after Thanksgiving and ending the Easter Sunday)

Day	Timing	Instructors
Tuesday	Evening 6.00 pm – 7.30 pm	Dr. Nagaveni Reddy Vasanthi Shetty
Thursday	Evening 6.00 pm – 7.30 pm	Thulasi Narayanan Poornima Pradeep
Saturday	Morning 8.30 am – 10.00 am	Priya Gunasekaran Vasanthi Shetty
Sunday	Morning 8.30 am – 10.00 am	Reserved for Yoga Courses

Note: The schedule for the period between Easter Sunday and Thanksgiving will be updated later.

Joining the yoga class?

1. These classes are suitable for all age groups (18-65+) with no major medical problems and in reasonable good health. If you have any ongoing medical problems, you must obtain medical clearance from your doctor before enrolling in any yoga class.
2. These are group classes and attention is directed to the group and no individual attention is provided, if you need individual attention, there are many qualified instructors in the Milwaukee area and their help should be sought
3. The classes are run by volunteers with different skills and experience, you can attend any of the classes and experience for yourself which class is appropriate for you, you can learn various styles of yoga or stay with just one style, but attend all the classes to see what they offer. If any medical issues occur do not depend on the advice of the instructors, but discuss with your own physician and obtain medical clearance before resuming yoga practice.
4. Register for the yoga class at the temple by completing the yoga registration form.
5. Sign up for a class by contacting the instructors of the class; it helps in planning space requirement. Maximum number of students per class is 14, this is to improve communication and organize the classes better.

What does yoga program offer?

The following are some of the benefits that the Yoga program offer

- 1) Offers yoga as a life style choice
- 2) Yoga instructors are providing volunteering service to the community.
- 3) Making the yoga program extraordinarily valuable community program.
- 4) Performing Asanas and Pranayama will help you to tune your physical and vital air sheaths (Annamaya and Pranamaya Kosas) of human being.
- 5) A healthy body and mind prepares you for your spiritual journey of discovering your Self.
- 6) Yoga is an eight step process, that will be discussed during the classes.

How to support Yoga program?

Sponsor the yoga program by providing donation to the HTW towards the Yoga fund. Your donation will not only support the yoga program's special sessions, it will also support the temple for providing space and other amenities.

Those who are unable to pay as a result of financial hardship can apply for fee exemption. Please contact Dr. Manohar Ahuja.

The special sessions will all have it owns fee structure that will be published when they are advertised. Please check the yoga notice board.

Any suggestions to improve the Yoga Program can be sent to the Yoga committee members.

For any queries contact : Priyadarshini Gunasekaran or Thulasi Muniraj or Dr. Manohar Ahuja.