



HTW-Yoga Program - Register and Be A Yogi (First three classes at no charge and then a nominal fee as tax deductible donation to HTW), Try it out and see you may be pleasantly surprised for sure!

The yoga program is offered as a community service by the Hindu Temple of Wisconsin with

volunteer teachers dedicated to provide quality YOGA program. The long time practicing teachers are certified in Hatha Yoga and Vinyasa Yoga who will exceed your expectations. Prior Yoga or Meditation experience or exposure is neither necessary nor desirable.

The key objective of the program is to educate the community about Yoga being as a way of life especially with respect to Science of Healthful living and more importantly to heighten the awareness of Hindu Philosophy behind "Health and Happiness in Life for greater good of all".

Various styles followed in the Yoga classes are - Hatha Yoga Style, Power Yoga Style, Vinyaasa Yoga Style and Laughter Yoga

<u>SCHEDULE</u>	
Day	Timing
Tuesday	Evening 6.00 pm – 7.30 pm
Thursday	Evening 6.00 pm – 7.30 pm
Saturday	Morning 8.30 am – 10.00 am
Sunday	Morning 8.30 am – 10.00 am

Each class will include one or more of the following – Opening and closing Prayer, Chanting, Asana Practice and Pranayama Practice, Meditation and Laughter Session(s).

For further details show up or call the Hindu Temple of Wisconsin or visit
<http://www.hindutemplewis.org/htw/list/yoga>

A 8 WEEK BEGINNERS COURSE STARTING IN JANUARY 2012