

Hindu Temple of Wisconsin Presents
Pranayama and Meditation Learning and Practice Sessions
 May 17 - July 06, 2009 @ Jain Temple Hall
Under the guidance of Mr. Dinesh Jasani, India

SUNDAY AND MONDAY – 6:00 to 7:30 PM
Training: First 2 weeks | Practice: Last 6 weeks

Pranayama and Meditation

- Duration of Pranayama and Meditation Practice Session is 45 minutes
- Will tremendously improve and maintain our **physical, mental, emotional and spiritual health.**
- Will improve our **effectiveness and efficiency**
- Will make us capable to relate much better with all that we come in contact with

Yog Nindra

- Practicing 30 minutes of *Yog Nindra* will rejuvenate our body and mind, which is equivalent to the deep sleep cycle of four to six hours
- Will bring Joy, Happiness and Peace in our lives
- Recommended to practice once a week in the evening
- Will practice Pranayama and Meditation we learned on Day 1

Chiddakash, Dharana and Antar Mauna (Pratyahar)

- Practicing each for 30 minutes will increase our concentration, sharpness, analytical power and will power
- Will help bring tremendous control to our mind and bring joy and happiness in our lives and to the people around us
- Recommended to practice at least once a week in the evening

Cost: \$40 per Person – Register & pay at Temple office as “Yoga Fund” (Free for Yoga Members)
Contact:
 Aekta Shah: aekta_shah@yahoo.com OR Dr. Charul Munshi: c1s2n3@yahoo.com OR 262-695-1200

Regular Yoga Class Information:

Level/Topic	Day	Time
Intermediate	Tuesdays	6:15 to 7:30 PM
Advance	Thursdays	6:15 to 7:30 PM
Beginner and Kids	Saturdays	8:45 to 10:00 AM
Pranayama & Meditation	Sundays	9:00 to 10:30 AM

Note: Classes will not take place on major holidays.

Membership Information:

Membership	First Member (Includes Kids)	Additional Family Member(s) Each
1 Year	\$175.00	\$125.00
6 Months	\$120.00	\$95.00
1 Month	\$30.00	\$30.00
Pranayama & Meditation (Monthly)	\$15.00	\$15.00
KIDS ONLY	\$10/Month or \$60/Year	

Note: Bring yoga mat and it's recommended to not eat anything 2 hours prior to the session