

# About HTW Yoga Programs

*Vinyasa Certification Programs. Science of Pranayama.*

*Kids Yoga. Hatha Yoga.*

*The Yoga program at the Hindu Temple of Wisconsin offers a variety of courses for adults and children. The director of the program 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 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 get better from where they are.*

## Upcoming Training Programs for 2010:

*Vinyasa Yoga level 1&2: April to September.  
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 \$20/mo*

*Sundays 9am to 10am*

*A safe and well-designed program for Seniors will commence on Feb 7<sup>th</sup> 2010 and continue for 12 weeks.*



Jain Temple Hall

Hindu Temple of Wisconsin

Ph 262.695.1200

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Pewaukee WI 53072  
[www.hindutemplewis.org](http://www.hindutemplewis.org)

## About Programs offered currently at HTW

*Kids Yoga: Saturdays 9:00am to 10:30am*

*Every Saturday we have classes for Kids at the Jain Temple Hall. Please contact Aekta for registering.*

### *Hatha Yoga Programs:*

*We have 3 levels of general Yoga classes offered. New participants sign up monthly/yearly at the temple office for these programs. They start with the beginner level classes, once a week for 6 weeks and as per the instructor's advice they start to participate in intermediate and advance 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 learn and practice yoga at their own pace and make use of the group environment to keep them motivated in making Yoga a part of their daily routine.*

### *Beginners Course:*

*Saturdays 8:45am to 10:00am*

*Mondays 6:15pm to 7:45pm*

### *Hatha Yoga:*

*Intermediate and Advance classes*

*Tuesdays & Thursdays 6:15pm to 7:45pm*

### *Sunday Yoga Medley:*

*Suryanamaskar, Pranayama, Short Meditation sessions, Chanting, Laughter Yoga:*

*Sundays 9:00am to 10:30am*

*Our Sunday sessions are full of variety and focus more on Pranayama and Meditation. We also do chanting and introduce participants to different breathing and meditative techniques.*



*All sessions are conducted at the Jain Temple Hall.*

*For more information on the Vinyasa programs/registration please contact:*

*Priya:*

*[priyatulasi@yahoo.com](mailto:priyatulasi@yahoo.com)*

*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*

*[www.hindutemplewis.org](http://www.hindutemplewis.org)*



*Sarve Bhavantu Sukhinah Sarve Santu Niramayah Sarve Bhadrani Pashyantu*

*Maakascchit Dukkha Bhag Bhave*

*Om Shanti Shanti Shanti Hari Om*