



Yoga Variations, LLC

Reduce Stress
Increase Energy
Relax and strengthen Your Body



Pranayama, Relaxation and OM Meditation

with

Vijay Chitra

Come join us for unique "**Relaxation & OM Meditation**" session designed for individuals who want to experience "Body and Mind" connection while relaxing the body and calming the mind. The session will teach breathing techniques to relax and OM meditation of the classical Hatha YOGA. The session is appropriate for the absolute beginner, yet it will challenge the experienced practitioner with deeper levels of insight.

When: Saturday, March 27, 2010, at 2:00 – 4:00 PM

Where: *Sadhu Vaswani Center*
1827 Bridge Street, Dracut, MA 01826

Donation: \$30 (\$40 after March 20, 2010)

Call to Register: Vijay Chitra at 603.893.3215
For detail schedule visit Website at www.yogavariations.com
E-mail: vijay@yogavariations.com

8 participants are required for this workshop

About Presenter:

Vijay combines his successful experience in a multi-national corporation and his extensive practice of Yoga and Meditation to deliver high quality programs. He is an authentic and inspiring teacher who has found effective ways to reduce physical and mental tension. Drawing on his years of experience, he conveys his enthusiasm for teaching individuals and groups. His commitment to his teachings is reflected in his own personal practices, bringing the highest integrity to his workshops and presentations.