



Yoga Variations, LLC

PRESENTS

YOGA DAY

Reduce Stress
Increase Energy
Relax and strengthen Your Body

Come join us for Hatha Yoga Day, a balanced *Yoga* experience, designed for individuals who want to learn and be in positive environment. This workshop is appropriate for the absolute beginner and as well as experienced practitioner. We will be doing following practices:

- 1) *Asanas (postures)*
- 2) *Guided Individual Asana Practices*
- 3) *Yoga Nidra (Deep relaxation)*
- 4) *Pranayama (breathing techniques)*
- 5) *Dhyana (concentration/meditation)*
- 6) *Spiritual Discourse - What we can learn from DREAMS*
(Talk presenting the analysis of dreams from the view point of Vedanta and Yoga)

When: Saturday, October 23, 2010 at 8:30 – 2:30 PM

Where: SADHU VASWANI CENTER, 1827 Bridge Street, Dracut, MA 01826. Donation: \$50.00, (\$65 After October 16, 2010)

Call to Register: Vijay Chitra at 603.893.3215 E-mail: info@yogavariations.com

For detail schedule visit Website at www.yogavariations.com

Minimum Participants – 8

Vegetarian Brunch and Tea will be served

Preparation for the class:

- Bring a yoga mat and/or a large towel.
- Yoga must be done on empty stomach and preferably empty bowels.
- Wear loose, comfortable clothing that does not restrict circulation.
- Refrain from eating a meal up to 2 hours before the class.
- Bring a water bottle & a meditation cushion
- Bring a blanket, if you have a tendency to get cold during the deep relaxation

- Please refrain from wearing strong perfume and big jewelry

Directions From I-93 N/S:

Take Exit for Rt. 495 South and Take Exit 38 for Rt. 38 North. Travel approx. 5-6 miles on Rt. 38 North, at Rotary go about 3/4 of the circle and stay on Rt. 38 North, take right at traffic light (Dunkin Donuts on right), Pass sign Entering Dracut. Go straight at next traffic light (Wendy's on right), stay on Rt. 38 North. Go for 1 mile (pass another Dunkin Donuts on right). About 300 feet further up, turn right into driveway at blue signboard. This is 1827 Bridge St. (across from Bridge wood Plaza).