



# Yoga Variations, LLC

Reduce Stress  
Increase Energy  
Relax and strengthen Your Body

**NEXT SESSION BEGINS ON September 7, 2010**



# YOGA



## Class Descriptions

**All Levels Yoga** – A 75-minute class that will include traditional yoga postures with breathing techniques and relaxation. Postures will be modified so beginners will be able to safely at a comfortable pace and develop strength and flexibility.

	<b>Tuesday</b>
<b>7:00 – 8:15 pm</b>	<b>All Levels Yoga</b>

**When:** **Classes begin Tuesday, September 7, 2010 – October 26, 2010**

**Where:** **SADHU VASWANI CENTER,**  
1827 Bridge Street, Dracut, MA 01826.

**Donation:** **\$108.00 – 8 Weeks session**, if registered by the first day of the class,  
**\$15 per class drop-in**, please call in advance.

**Private Yoga or Yoga Therapy sessions are available please call.**

**Policies:** Spaces are reserved when full payment is received.  
Full payment must be made before the beginning of the session.

**Call to Register:** **Vijay Chitra at 603.893.3215** E-mail: [info@yogavariations.com](mailto:info@yogavariations.com)  
**Website:** [www.yogavariations.com](http://www.yogavariations.com)  
Download **Registration form**, from the Website.

### **Preparation for the class:**

Bring a yoga mat and/or a large towel.

Yoga must be done on light 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.

### **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 (Wendys 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 Bridgewood Plaza).