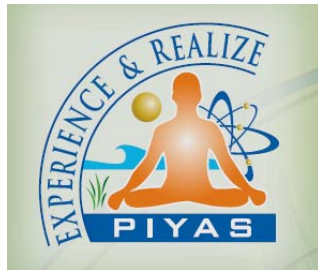

YOGA CLASSES FOR HEALTH, HARMONY & HAPPINESS



"The doctor of the future will give no medicine, but instead will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." ~Thomas Edison~

Prajna means higher awareness. This exactly is the aim of our centre, to create a level of awareness among the participants that transcends the so-called normal boundaries.

Most of us living today survive in a highly competitive and therefore stressful environment. We always live by the standards set by others and the society, without even having a remote idea of what we want out of our life - our purpose of living,

The courses in our centre are designed to make you realize your individuality, your uniqueness. We understand well that only a healthy body can harbor a healthy mind and therefore the emphasis on physical activities and Asanas in the beginning. Once your body is under your control, then it creates a sound foundation for taking charge of your mind and guiding it for further development.

Modern Research findings also has now confirmed what our Ancient sciences have always talked about that Yoga has not only a role in Physical health but also in Mental, Social and Emotional well being. Yoga can in fact become your Shield (protection) during times of crisis or need

At Prajna, we teach you unique ways to Preserve and Promote Health.

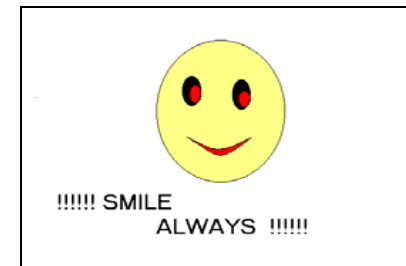
We recommend – “Do not lose your Health and even if you do, regain it the Natural and Spiritual way”

Features of Holistic Yoga classes –

- The basic aim centers around one single statement “Healthy mind in a Healthy Body”. But physical fitness is definitely not about exercising till your body aches; rather it’s about the synergy between Body and Mind. It’s also about Spiritual development and awakening, Inner growth & Self-development.
- To bring about physical, mental, social and emotional relaxation of a person
- Improve Personal and Inter-personal relationships
- Transform Negative emotions into Positive
- To help awaken inner potential to higher levels of consciousness for Success, Peace, Creativity, Happiness & Harmony in Life



Course Details:



Venue : Isha – Prajna Yoga & Naturopathy Centre

Address : ISHA Conference Hall, 3rd Floor, #311, Sampige Road, Between 15th & 16th Cross, Malleswaram, Bangalore – 560003

Phone : 080 – 2356 5000; 32522000

**E-mail : anandmayi@gmail.com–Neetu Jain
navyas.piyas@gmail.com**

**Timing : 6:30 – 9:30 am Weekdays (Mon-Fri)
6:30 – 8:00 am Weekends (Sat & Sun)**

**Duration : Each Batch – 1 hour duration during weekdays (Total 3 batches)
Weekends – 30 min Special Meditation class**

Starting from : 15th June 2011

Charges : Contact below persons / Prajna Yoga Centre @ 080-2660 2246

**Contact : Mrs Pradipta – 98455 46224
Ms Bahvya – 80958 90754
Ms Sheetal – 93410 75832
Mr Vasant Rathod – 93416 21392**