

Gentle Yoga- Meditation and Healthy Living workshop

By Aatmayog- Pratibha Jani

Sept 12th, 2015

Time:

Half day workshop 9.30 am to 12.30 pm

Location:

- 1.Denville Yoga class location (Little learner Academy, 89, Rt 46 east, Denville NJ
- 2.Piscataway Yoga class location (Location to be determined)

Schedule: Sept 12th, 2015

Half day schedule.

9.30 to 10.15 am -Yoga

10.15 am to 10.45 am - Pranayam

11.00 am to 11.30 am Food for diabetes,cholesterol,blood pressure

11.30 to 12.00 pm yoga games

12.00 to 12.30 Q&A (and personal one on one time if needed)

Sept 19th, 2015

9.30 to 10.15 am Yoga

10.15 am to 10.45 am Pranayam

11.00 to 12.00 pm Yoga talk on Mudras (Hand and finger postures for meditation and their significance)

12.00 to 12.30 pm yoga games/Q&A

Pricing:

Half day- \$50.00 per half day session per person

Total for both days \$95.00 per person.

Handouts will be distributed at the end of workshop.

Preregistration and Prepayment only.

Payments due on or before august 27th, 2015.