



# Yoga for Positive Health

Make a connection of your mind, body, and spirit practicing yoga. Class includes stretching, postures, meditation & pranayama.

Yoga class is taught by Yogabharati certified teachers.

**Session: Monday 7.15pm -8.15pm**  
**Thursday 7.15 pm- 8.15pm**  
**Sunday 7.30am- 9am**

*FREE for Temple Members*  
*NON-Members: \$10/session*

**Bharatiya Temple, 6850 N. Adams Rd, Troy**

**NOTE:**

*There should be a gap of at least 2 hours between a light meal and a Yoga session or 4 hours between a heavy meal and a yoga session.*

*Please bring a Yoga mat and wear comfortable clothing*

Contact no: Anjali Vale 248-904-9925  
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Temple office 248-879-2552

Visit our web site at [www.bharatiya-temple.org](http://www.bharatiya-temple.org)

