

Bharatiya Temple of Metro Detroit

Presents

Yoga Therapy for Common Ailments



A lecture-demonstration by

Yogashree Raghuram

(Founder of Yoga Bharati and international coordinator/senior yoga therapist at the Vivekananda Yoga Research Center, India)

Date: Saturday, June 5th, 2010

Time: 9:30-11:30am followed by delicious snacks

Venue: First United Methodist Church, 6363 Livernois, Troy

Registration: \$20/person *Contact (Office): 248-879-2552*

Avoid heavy breakfast before the session

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