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SAI DATTA MANDIR INC.,

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[A501(C)(3) Non-Profit Organization, Fed ID#46-0599196]

SAI DATTA PEETHAM & CULTURAL CENTER

SRI SHIVA VISHNU TEMPLE NJ

1665-370 Oaktree Rd, Edison, NJ 08820

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<https://www.saidattanj.org>



Free

Invites everyone to participate in

2nd
Batch

Yoga, Pranayama and Meditation by Arunkumar Krishnamurthy

Yoga Sessions on every Mondays & Fridays

From July 8th 2024 to August 9th, 2024

at **7:00 PM - 8:00 PM** in Temple Community Hall

this Week **July 19th 2024 & July 22nd, 2024**

For Registration Scan/Click



Arunkumar Krishnamurthy is a yoga practitioner residing in Edison, New Jersey. He has been practicing yoga, meditation, and Pranayam for the past 15 years.

He learned yoga from Maharshi Mahesh Yogi School in Chetpet, Chennai. Yoga helps in experiencing inner happiness and relaxing the mind.

Practicing yoga regularly promotes better mental wellbeing. Yoga can be used to achieve a better balance between work and personal life. Yoga provides

numerous benefits such as: improved focus, reduced stress, increased joy, and greater self confidence. When yoga is practiced consistently and correctly, it can help improve medical complications. Reading a good book, listening to motivational speeches may provide temporary ease, yoga teaches you how to experience inner peace all the time and self motivated. Agility {Agile in work} in Human and Yoga are closely connected.

It is incredibly easy to get started, whether you dedicate 20 minutes or 60 minutes daily the most important thing is being consistent.

Be passionate about performing yoga and take pride in your

Note : Please Register your free Spot and bring your mat.

For registration details please contact

Temple Front Desk at 732-809-1200, 732-662-3250, 3251, 3252

For LIVE Programs



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