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SAI DATTA MANDIR INC.,
[A501(C)(3) Non-Profit Organization, Fed ID#46-0599196]

॥ सच्चिदानंद ॥



SAI DATTA PEETHAM & CULTURAL CENTER
SRI SHIVA VISHNU TEMPLE NJ

1665-370 Oaktree Rd, Edison, NJ 08820

Email : info@saidattanj.org, Phone : 732-662-3250, 51, 52 Fax : 732-662-3253, 516-359-8178(M)

<https://www.saidattanj.org>



Invites everyone to participate in
Yoga, Pranayama and Meditation
by Arunkumar Krishnamurthy
Yoga sessions Every Saturday and Sunday
Class starts from December 06th, 2025
at 7:00 AM - 8:00 AM in Temple Community Hall



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 achievements.

Please register to participate in the International Yoga Session

For Registration Scan/Click



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

For more details please contact

Raghusarma Sankaramanchi 516-359-8178

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

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