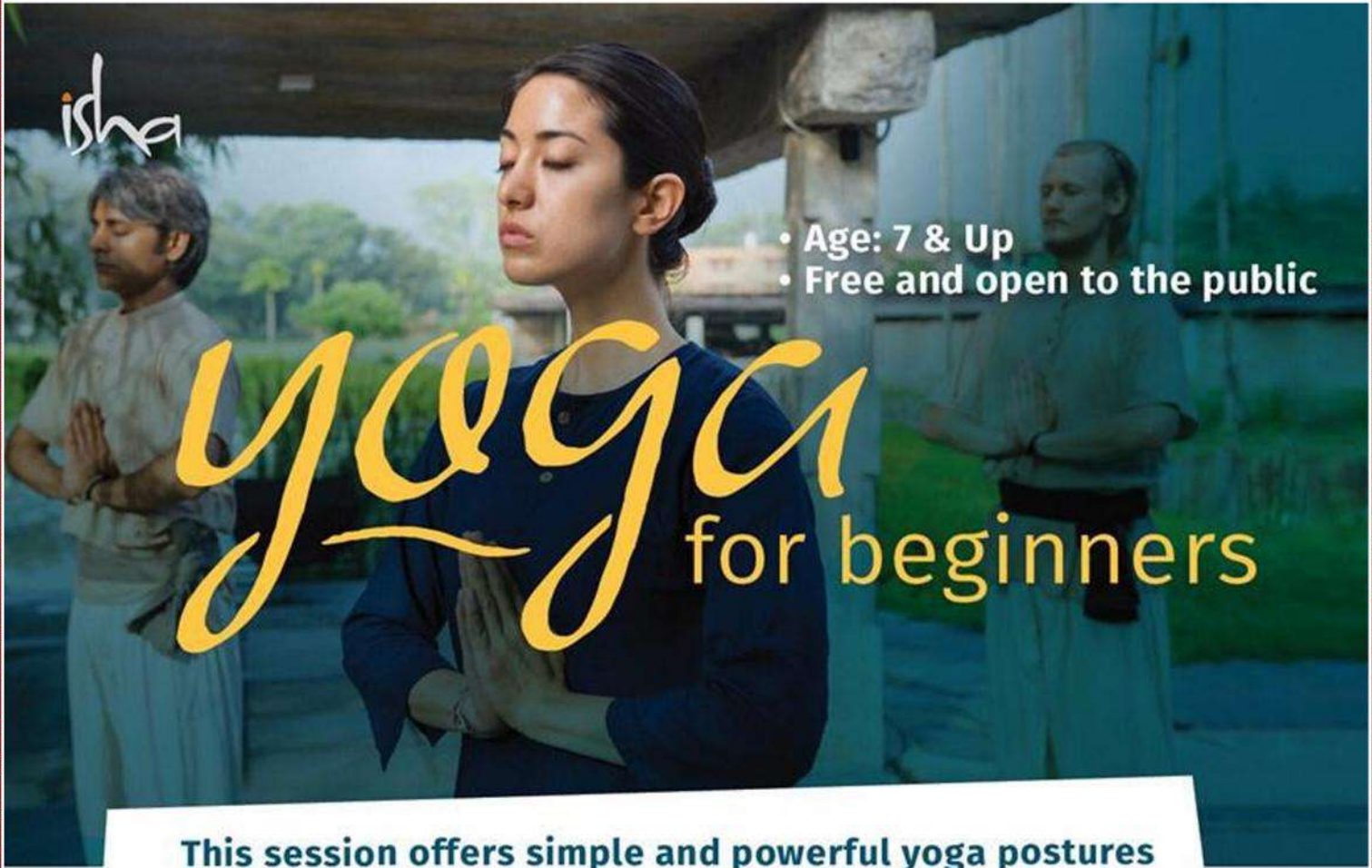




# SAI DATTA PEETHAM & CULTURAL CENTER SHIRDI IN AMERICA®

[A 501 (C) (3) Non-Profit Organization, Fed ID # 46-0599196]  
Address: 902, Oak Tree Road, Suite #100, South Plainfield, NJ 07080  
Email- info@saidattanj.org, Telephone: 732-809-1200, 516-359-8178 (M)



isha

- Age: 7 & Up
- Free and open to the public

# yoga for beginners

**This session offers simple and powerful yoga postures to bring stability and balance. No physical agility or prior yoga experience needed.**

- Can relieve chronic ailments
- Can relieve back pain, stress, anxiety and tension
- Strengthens the spine
- Takes only 5-10 minutes to practice daily



Designed by Sadhguru, a realized yogi and a foremost authority in the field of yoga.

This session will be conducted by a trained Isha facilitator. Ongoing online support will be available.

### Session Details

**Sunday, February 10, 2019 1:30pm-3:00pm**

**90 Minute Session**

**RSVP: [InnerEngineering.com/YogaForSuccess](http://InnerEngineering.com/YogaForSuccess)**

For more information please call (609)436-0340 or email [NewJersey@ishausa.org](mailto:NewJersey@ishausa.org)

Please bring a yogamat and a towel and arrive on empty stomach condition (1.5 hrs after light meal)

This session is brought to you by Isha Foundation, an international non-profit aimed to bring well-being to everyone through yoga and meditation.