

Weekly Yoga Classes at Sri Lakshmi Temple

Instructor: Ritu Kapur

When: Saturdays , 9:30AM – 10:30AM

(from May 1, 2010 – July 31, 2010)

Note: No class on 5/22, 7/3 and 7/17

Cost: Drop-ins - \$10/- per class

Full Session - \$80/-

Introductory class on May 1, 2010 is free.

(All proceeds from the classes go to Sri Lakshmi Temple)

Registration: In person at the temple office or by phone/email (provided at top)

Yoga is as vast as an ocean. It can be a physical work-out with its **Asanas**. It can be a beautiful breath work with its **Pranayama**. It can teach us how to sit still and experience **Dhyana** and **Dharana** which leads to **Samadhi**. It is a WAY of life with its **Yamas** and **Niyamas** to live by. When combined together, it is a potent way to live your life, an art and a science which was developed by ancient Rishis and Yogis and is still showing the whole world a natural, healthy and righteous WAY.

As written in Patanjali's Yoga Sutra 11.28, "The practice of Yoga destroys the impurities of the body and mind, after which maturity in intelligence and wisdom radiates from the core of the being to function in unison with the body, senses, mind, intelligence and the consciousness". Whatever your goal may be in a yoga class, the amazing grace of Yoga will slowly lead you to it all--- the steadiness and integration of body, breath, mind and intellect.

We live a multifaceted yet stressful lives with jobs, children, technology, multitasking to name just a few. The stresses in our daily life have been linked to many cardiac and psychological conditions. Yoga can reduce the effect of these stressors by leading us to peace, equilibrium and tranquility and thus improve the quality of our lives. Asanas balance the respiratory, nervous, circulatory, digestive, hormonal and reproductive systems perfectly which in turn can increase body immunity and prevent many ailments. Pranayam increases the breath control and capacity. Meditation and Spirituality embedded in Yogic life teaches us to be happy, peaceful and content with the way we are. Asanas used in unison with the breath and mental concentration can bring the body in a state of harmony. Yoga is a perfect therapeutic and preventative science for everyone irrespective of age, sex, and physical condition.

About the Instructor:

Ritu Kapur is an Occupational Therapist, a Certified Yoga teacher and a full-time mother to two wonderful boys, Rohan and Pranav. She works as an OT with disabled adults and elderly and has been trying to integrate yoga in her clinical practice as a health-care practitioner to impart a holistic, non-invasive approach to heal them. She has been a devotee at Sri Lakshmi temple for over fifteen years. She can be reached at ritu@nirmalyogaliving.com
Pl visit her website for more info: www.NirmalYogaLiving.com

Note: Please bring a yoga-mat to the class and dress in comfortable work-out clothes. It is best to do yoga on an empty stomach; please have a light breakfast or fruits only prior to yoga class.