



Sri Lakshmi Temple
(A unit of New England Hindu Temple, Inc.)
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**NEHTI Youth Cultural & Educational Programs Committee (YCEP)
Presents**

Weekly Yoga Classes

Instructor: Ritu Kapur

**When: Saturdays , 9:30AM – 10:30AM
(from Feb 6, 2010 – April 24, 2010)**

Location: Annex Room (adjacent to the Mahamandapam)

**Cost: Drop-ins - \$10/- per class
Full Session - \$90/-
Introductory class on Feb 6, 2010 is free.
(Proceeds from the class 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. Yoga's multiple avenues of health, fitness(Asana), breath control (Pranayama), spirituality (Ishvarapranidhana) and meditation (Dharana, Dhyana and Samadhi) appeal to Indians and Westerners alike. Yoga is a way of life which teaches us Yamas and Niyamas to live by. The great sage Patanjali wrote in 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.

The stresses in our daily life have been linked to many cardiac conditions. Yoga can reduce the stress of our daily lives by leading us to peace, equilibrium and tranquility and also improve the quality of life. Asanas balance the respiratory, nervous, circulatory, digestive, hormonal and reproductive systems perfectly which in turn can increase body immunity and prevent many ailments. 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 daily 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 ajayandritu@yahoo.com

Note: Please bring a yoga-mat to the class and dress in comfortable work-out clothes.