



D/FW Hindu Temple Society

Ekta Mandir



Subject: Om-Yoga-Darshan, **Repeater's Class**

Hari Om!

This Repeater's Class is designed for those who have finished the beginner's Class and have been practicing every day.

The details of the class:

This Repeater's course will review everything that is taught in the past plus it will introduce the next level of yoga sadhana. We will get deeper into the main topics of Yoga – **Asanas, Pranayama, Meditation and Theory.**

Starting Date:	Sunday, March 22, 2015- Once a wk. for 10 Wks
Time:	8:00 AM to 10:00 AM
Location:	Meditation Hall
Fee:	No Fee – Just \$50 donation to the temple
Preparation:	Each Sadhak must bring a yoga-mat and a towel
Clothes:	Light, loose cotton clothes that are comfortable for movement.
Food Intake:	Empty stomach is most desirable. Do not eat at least 2 hours prior to the class.
Bath:	Hot shower before the sadhana is highly recommended for cleanliness of body and mind.

Enclosed is the Registration Form. Please bring the filled form with a check written to the 'DFW Hindu Temple Society'.

Your dedication, determination and devotion in performing 'YOGA' will invigorate your life with physical fitness, mental alertness and emotional stability.

Hari OM!

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