

Vedic Yoga

Had enough of the many types of yoga that claim to be the most effective? It's time to get back to our roots. Practise Yoga the way our ancients did.

Asanas (basic body postures), Pranayama (breathing techniques) and powerful meditation techniques will be taught by qualified instructors.

Experience the physical, mental and spiritual benefits of Vedic Yoga!

Start Date

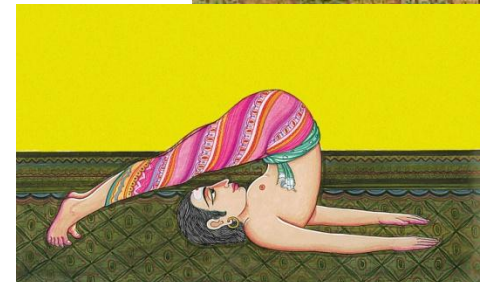
Every Tuesday , starting 3rd Jan 2012

Time

7.30 - 9pm

One-time Registration Fee

\$20



For Enquiries/Registration (Prema):

Tel: 6291 8540

SMS Registration: 8533 0667

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Visit our website for more details on upcoming
courses and talks

www.hinducentre.org.sg



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