

Healthy Body, Healthy Mind



WEEKEND YOGA AT THE HCC

Conducted by a team of certified Teachers
SUITABLE FOR EVERYONE (Ages 12 and above)
ALL LEVELS WELCOME

Classes	Saturdays 8:30 – 10:00 AM
Venue	Hindu Cultural Center, 450 Albany Shaker Road, Albany NY 12211
Fees	\$60 for 10 classes.(\$100 Family) \$10 /class drop-ins. 100% of the proceeds will go to the HCC.
Registration & Inquiries	Rakshit Amba (518) 360-7020 hccyoga.albany@gmail.com