



THE 3RD INTERNATIONAL YOGA DAY CELEBRATION

Presented by Seva Yoga

When: Sunday, June 25, 2017
From: 9:30 am-12:30 pm
Venue: Hindu Cultural Center (HCC)
450 Albany Shaker Road
Loudonville, NY 12211

Registration will begin at 9:15 am. Advanced registration is encouraged. Please respond ASAP for comfortable space facilities.

Sr. Aarti: Physician Assistant, Raj Yoga Consultant Brahma Kumaris, will present:

GUIDED MEDITATION

- Learn to recognize own true potential
- Inner powers and wisdom
- Inner happiness



Allie Middleton, RFT, LFYP-2, will present:

LIFE FORCE YOGA HEALING-THE SOUL OF YOGA

- LFY empowers practitioner to help manage changing moods
- Learn to dissolve the blocks to know your deeper self
- Dealing with negative self-talk to positive
- Mind, Body, Soul connection
- LFY practice teaches deep integration and harmonizing ways of living while pursuing heart's own desire



Rita Manoj Ajmera, Kripalu Certified Yoga Instructor and Disciple of Ramdev Swami Ji, will present:

THE INNER HEALING JOURNEY WITHIN SELF WITH YOGA SCIENCE

- Special Attention to PRANA-The Life Force
- Learn 6 PRANAYAMA and it's Health Benefits
- Centering on five senses to create harmony in daily life
- De-stress, Deep Relaxation through 5 Koshas/sheaths to let go of the Barriers
- Yoga Nidra-Immersion with Self, The Soul, The Pathway to Bliss and Contentment
- Information on Ayurvedic Herbs and Spices for Natural Healing.

Donation is \$10.00-\$15.00. All proceeds go to HCC. Wear comfortable clothing and bring mat or towel. Chairs are available. Vegetarian lunch is available for \$7.00 with advanced registration.

**For questions and registration, please contact Coordinator Rita at: (386) 492-3493 or (518) 371-3737
or email: yogarita12@gmail.com**