

Trained by



Surya Kriya

Surya Kriya is a potent yogic practice of tremendous antiquity, designed as a holistic process for health, wellness, and complete inner well-being.

- Enhance and balance energy levels
- Develop mental clarity and focus
- Relieve chronic back and neck pain

Where: Albany Hindu Community Center
450 Albany Shaker Rd, Albany, NY 12211

When: January 11th & 12th
8a.m. - 11:30a.m.

*Private session by Arti Bhoge for **ages 14+***

Special HCC price \$100 (both classes required) (orig. \$275)

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