



BHĀRATHI YOGA CLASSES AT THE SAI TEMPLE, MANAKIN SABOT, VIRGINIA

Have you always wanted to learn Yoga? Do you want to learn Yoga the traditional Indian way understanding its background and holistic significance? Here's your opportunity to learn Yoga and help the Sai Temple at the same time.

Yoga has been defined as a science, art and philosophy. Rooted deep in Indian culture and traditions and formalized by sage Patañjali in his epic *Yoga Sutras*, Yoga is an eight-fold path of self-development consisting of *Yama, Niyama, Āsana, Prānāyāma, Pratyāhāra, Dhāraṇa, Dhyāna & Samādhi*. Simply put, Yoga is a way of life.

Currently, Bharathi Yoga classes are being offered Saturdays at 7:30 a.m. in the multi-purpose hall. Classes are open to all. No prior experience in Yoga is necessary. Just come on an empty stomach, bring a Yoga mat and towel, and dress in comfortable clothes that will allow stretching and bending.

Bharathi Yoga classes are taught by Sri Ravi Menon. Ravi has been practicing Yoga for over 29 years. He received initial training at the Yoga Institute in Mumbai, and thereafter was practicing largely on his own, generally following the teachings of Yogacharya B.K.S. Iyengar. He achieved international RYT200 certification as Yoga instructor in 2013 from the Patanjali International Yoga Foundation, Rishikesh, India. He is registered as a Yoga teacher with the Yoga Alliance, USA. Ravi teaches Yoga as a service to the community, and all student fees collected are provided to the Sai Temple.

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥

One who is temperate in one's habits of eating, sleeping, working and recreation, can mitigate all material pains by practicing the Yoga system—Bhagavad Geeta VI-17



If you are interested in joining the Bharathi Yoga class, please contact the Sri Sai Narayana Organization at (804) 708-0867 or the instructor Ravi Menon by email at ravi4net1@gmail.com.