

INTRODUCING YOGA AT THE

Indian Fusion and Dance Academy

2847 S. White Road, Suite 207

San Jose, CA 95148



New session begins on February 17th and ends on March 21st, 2010

Wednesday 7.30 to 8.45 pm (Shobana)

Saturday 7:15 to 8:15 am (Aruna)

Sunday 5.30 to 6.45 pm (Shobana)

COST: \$100 for 10 classes; \$60 for any 5 classes. Drop in rate per class: \$14.

Early registration is highly recommended since class size is limited.

Please pay for the class in full before attending.

ABOUT YOGA

"Yoga is the ability to direct the mind exclusively toward an object and sustain that direction without any distraction"- Patanjali's Yoga Sutra

Yoga means to "unite". By integrating breath with movement, yoga helps to build strength, promote flexibility, and cultivate focus and mindfulness. Yoga is a process of self-discovery and you can begin your journey at any point. Yoga is a non-competitive way to achieve functional fitness, improve body-awareness, regulate energy level, promote deep relaxation and is ideal for stress reduction.

ABOUT THE TEACHERS

Shobana Mani, Registered Yoga Teacher (RYT-200)

Shoba began practicing Hatha yoga seriously after the birth of her two boys. She completed a 200-hour teacher training at Simply Yoga, New Jersey studying with Jo Ann Carter and Carol Cook. She recently completed a Level-1 teacher's training through YogaFit and additional special training to teach yoga for kids. Shoba has had the opportunity to learn from Senior Iyengar yoga teachers Bobbi Goldin, Dean Lerner and Bobby Clenell in the USA. She currently continues her practice with Senior Bay area teacher, Anirudh Shastri. Her classes integrate movement with breath and she encourages her students to explore their path of yoga with an open and curious mind.

Aruna Akkapeddi, Yoga Teacher (200-hr)

Yoga has been a part of Aruna's life since she was a child. She used to "practice" with her friend in the grass for fun. Her interest in yoga intensified after motherhood and she has had a regular practice for the past 7 years. She has undergone a 9 month yoga teacher training at the Centre for Spiritual Enlightenment in San Jose through the YES program by Joyce Anue. She has had the good fortune to study with highly respected yoga teachers in the U.S and India over the years. She is also deeply interested in meditation and Buddhism and has participated in a silent retreat. Her yoga classes are heart-centered and awareness-based with an emphasis on the breath as a bridge between mind and body.

DO'S AND DON'TS

- Please wear comfortable clothing (preferably cotton) to allow for easy movement.
- Bring your own yoga mat and towel for purposes of hygiene. We do offer a few yoga mats as rentals (\$2/class). If you have any questions about buying mats, please check with the instructors.
- Please turn your cell-phones/pagers off during your practice.
- Practicing on a fairly empty stomach is highly recommended.
- Avoid using strong perfumes.

- Let your teacher know if you have any injuries or limitations that may affect your practice- this will allow her to modify your practice to safely meet your needs.
- No pain, yes gain – if you experience any unusual pain or discomfort, you have probably gone too far. Listen to your body and let go of the urge to be competitive.
- Let your teacher know if you prefer not to receive hands-on adjustment in class.

FOR REGISTRATION INFORMATION, CONTACT

Shobana Mani @ 408-728-7303 or e-mail: ssm.aum2010@gmail.com.

Aruna Akkapeddi @ 408-613-2066 or e-mail: be.kind.yoga@gmail.com