



श्री अम्बिका योग कुटीर



Advance Pranayama and Yoga Special Classes

[In Association with Shri Ambika Yoga Kutir (Founder Hathayogi Nikam Guruji)- Thane Mumbai]

Special Yoga Expert team is coming from India to teach Advance Yoga and Advance Pranayama to Australian community

Celebration of Golden Jubilee Year of Shri Ambika Yoga Kutir Thane & 11 Years operations in Sydney of *Spirit of India*

- **Admission Requirement:** Should have completed Spirit of India's Regular Yoga course of 16 weeks
- **OR must have prior knowledge of Hathayoga**
- **Yoga dress and yoga mat essential**
- **Daily Two Sessions, You can join Morning or Evening sessions or both sessions at same cost**

Yoga Workshop (FREE Admission)

Date: Sunday 11th October 2015

Time: 10.00 am to 5:30 pm

Venue: Ermington Hall (8 River Road Ermington NSW 2115)

Topic: 1. Disease Prevention through Pranayama by Yoga Expert

2. Demonstration, Advance Pranayama and Yoga Techniques by Expert

3. Can Yoga prevent Cancer? Presentation by eminent Oncologist

4. Can Heart Conditions be prevented? by Eminent Heart Surgeon

5. Diabetes & Yoga Presentation by Senior Teacher and Yoga expert from Mumbai statistical information and own experience.

Registration Essential for organizing Lunch - Vegetarian Meal provided

Spirit of India Team

All are Welcome

www.spiritofindia.org

Email: spiritofindia2002@yahoo.com

0412 202 182

Quakers Hill High School

***Nominal Fee applies *Registration Essential**

70 Lalor Road Quakers Hill

Morning: 6.00 am to 7.30 am

Date: 5th to 16th October 2015

Monday to Friday Every Day

Dundas Community Centre

***Nominal Fee Applies *Registration Essential**

21 Strut Street Telopea

Evening: 7.00 pm to 9.00 pm

Date: 5th to 16th October 2015

Monday to Friday Every day