



Hindu Temple & Cultural Society of USA, Inc. (HTCS)
Sri Venkateswara Temple (Balaji Mandir) and Community Center
One Temple Drive, Bridgewater, New Jersey 08807, USA
Ph : (908) 725 4477
www.venkateswaratemple.org

Adult Yoga Classes

This 8-session course will cover aspects of yoga such as:

- A focus on mind awareness (Manas/Chitta)
- Connection of breath to the flow of movement (Viniyasa)
- A connect feeling to the eight limbs of Yoga (Asthanga)



Course Objective: Participants course objective of learning yoga is to develop a foundational understanding of yoga postures, breathing techniques, and mindfulness to improve physical strength, flexibility, and mental well-being

What this course is and isn't: These will be highly interactive sessions where you will distinguish yoga from mere physical exercise, flexibility training, or competitive performance, highlighting that while it improves health, its ultimate aim is mental clarity, self-awareness, and spiritual growth, not just achieving perfect poses.

WHEN: Sundays 9:00 AM – 10:00 AM,
Eight weeks starting on Sunday, October 4, 2026

WHERE: Bharathi Vidyalaya Classrooms

Instructors: Highy qualified instructors with several years of experience.

Registration Link : https://balajimandir.formstack.com/forms/yoga_registration

LIMITED SEATS. REGISTRATION IS REQUIRED

Contact: education@venkateswaratemple.org