



Hindu Temple and Cultural Society of USA, Inc. (HTCS)

Sri Venkateswara Temple (Balaji Mandir) and Community Center

One Balaji Temple Drive
Bridgewater, NJ 08807, USA

Telephone 908-725-4477
www.venkateswara.org



HTCS proudly presents Adults Yoga Classes

A typical class includes

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

Schedule:

Sundays; Sep 22 - Oct 27, 2019

Time: 9:00 AM – 10:30 PM

Location: HTCS Classroom



Highly qualified instructors with several years of experience.

**** Limited Seats, Prior registration is required ****

Register using the link on top of the flyer