



“Yoga For Total Wellness”

“In this confused, chaotic time we all need to be able to find balance. Yoga gives us a way to feel a sense of well-being and teaches us to access inner peace, which creates that balance. “

Benefits of Yoga

- Improve muscle tone, flexibility, strength and stamina.
- Reduce stress and tension.
- Boost self esteem.
- Improve concentration and creativity.
- Create sense of well being and calm.

About the Instructor:

Shobha Saraiya completed her intensive teacher training in Iyengar Style Yoga under Guru Shree Neetu Singh. She has also taken workshops with Shree Neetu Singh related to individualized Yoga as well as Prayanama and Meditation. She has taught to children at the HSNC, HumSub and NavYug Summer camps. She has conducted Yoga sessions during HSNC Health Fairs.

She also conducts one on one yoga sessions for adults and children. By Appointment only.
Shobha continues to study and research and practice in the Iyengar tradition.

Class Schedule : First class Free For New Students to YOGA

Saturdays 8:30am to 9:30am, Tuesdays: 6:30 to 7:30pm

Venue: Kala Kendra, 746 E. Chatham Street

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