



## BHARATIYA CULTURAL CENTER

1612 County Line Road, Chalfont, PA 18914

[www.b-temple.org](http://www.b-temple.org)

BCC Women's Group

Invites you to a

### **Yoga Workshop** **“Learning about Kleshas”** **(hindrances of the mind)**

presented by

***Benita Mukerji***  
***(Certified Yoga Teacher)***

**Date: Friday, March 13, 2009**

**Time: 7.15 pm – 9.00 pm**

**Place: BCC Hall**

This workshop will focus on learning about "Kleshas" (hindrances of the mind) and understanding it through a yoga session". The workshop will begin with a presentation followed by a yoga session. Please come dressed appropriately for a yoga class and bring your own yoga mat or blanket.

Free Admission\*.

\*(open to all - not limited to Women's Group members)

For more information or to RSVP, please contact:  
Akanksha Kalra - 610-275-1110 or [akanksha@kalra.us](mailto:akanksha@kalra.us)