



## **From Yoga Sub-committee & HHS Committee Yoga program details**

You have been asking when our Yoga Programs will start! It is in Place!! Just Walk in!!! Registration Details from Instructors or pick from bin.

**Where: In Bharatiya Cultural Hall at 1612 County Line Road Chalfont, PA 18914 Phone: (215) 997-1181**

**When: Wednesdays 6 to 7.00 pm and Sundays from 8.30 am to 9.30 am.**

**Contributions : First two sessions are free for all healthy devotees. BCC is aware of the soft nature of the job market and economy. For those who can donate give \$ 5 per person or \$ 10 for family each session. Make your check to BCC (coupon marked Yoga). Leave it in Gift Shop or drop in hundi. Those that need special consideration -- please talk to the yoga coordinator. You may be able to barter or help in another area where BCI needs help. We will accommodate. No one will be denied access to this health sustaining yoga program. Health permitting, all seniors and active members of youth group may attend free. This contribution policy will be reviewed every six months or as appropriate based on experiences gained. Honor System Prevails. Your donation will support the services that BCC offers to our community. Be generous. Please bring your own yoga mat with you! Bring an extra one if you have!! Bring a healthy friend or two or three!!!**

**You can join yoga programs at BCC : go to this link**

[https://login.yahoo.com/config/login\\_verify2?.intl=us&.src=ygrp&.done=http%3a//groups.yahoo.com%2Fgroup%2Fb-templeYoga%2Fjoin](https://login.yahoo.com/config/login_verify2?.intl=us&.src=ygrp&.done=http%3a//groups.yahoo.com%2Fgroup%2Fb-templeYoga%2Fjoin)

**Yoga activities announcements will also be at the group site.**

**Alli Natesh (certified); Praveen Sharma (with over 2 decades instructor experience), Sharmila Jog ,Shivangi Rawal (certified) will be teaching for the months of February and March '10.**

**Subsequent months, from the following Instructor pool 1) Benita Mukerji 2) Shivangi Rawal, 3) Alli Natesh 4) Ragini Bhoopathy 5) Jawaharbai Patel 6) Ashwini Aragam 7) Niranjan Samant, 8) Sharmila Jog 9) Praveen Sharma 10) Renuka Adiraju.**

**PROGRAM : YOGA @ BCC Hall**

**Please Pass the word to all**

**Contact persons: Alli Natesh (Interim Yoga Coordinator) 215-661-0393 [allib.natesh@yahoo.com](mailto:allib.natesh@yahoo.com) Praveen Sharma 215-361-0145 [pravsharma@hotmail.com](mailto:pravsharma@hotmail.com), shivangi rawal 254-548-2135 or 610-732-3701 [shivangirawal@gmail.com](mailto:shivangirawal@gmail.com) Renuka Adiraju 215-542-8596 [radiraju@aol.com](mailto:radiraju@aol.com) HHS Akkaraju Sarma (Chair) (215-914-0236). By email at [akkaraju1@verizon.net](mailto:akkaraju1@verizon.net) or call BCC at 215-997-1181-follow menu to reach HHS.**

