



TRANSFORM YOURSELF THROUGH YOGA

WITH AMRIT SAGAR

In the Bhagavad Gita (VI/15) it says: ***“One who through Yoga controls the body and has learnt to master the feelings, senses and mind, sheds the chains of desire, fear and confusion, and attains peace and supreme bliss.”***

Our class is going to explore the above shloka through:

- Relaxation techniques
- Sarva Hitta Asanas
- Classical Yoga Asanas
- Pranayama & Meditation

9 Online Sessions via Zoom



Every Saturday

9:00 - 10:15am PST

Starting January 21

Zoom link will be made available via our Facebook page **Yoga in Daily Life Bay Area**

Sessions are no costs