



- Age: 7 & Up
- Free and open to the public

yoga

for beginners

This session offers simple and powerful yoga postures to bring stability and balance. No physical agility or prior yoga experience needed.

- Can relieve chronic ailments
- Can relieve back pain, stress, anxiety and tension
- Strengthens the spine
- Takes only 5-10 minutes to practice daily



Designed by Sadhguru, a realized yogi and a foremost authority in the field of yoga.

This session will be conducted by a trained Isha facilitator.
Ongoing online support will be available.

Session Details

90 Minute Session

Sunday, Mar 24, 2018 10:30am – 12pm

Indian Cultural Center, RTE 73 S, Marlton, NJ 08053

RSVP: InnerEngineering.com/free-sessions

For more information, please call (609)436-0340 or email Newjersey@ishausa.org

Please bring a yogamat & a towel and arrive on an empty stomach condition i.e. approx. 1.5 hrs. after a light meal

This session is brought to you by Isha Foundation, an international non-profit aimed to bring well-being to everyone through yoga and meditation.

