

Ashram Yoga Studio

Swami Dayananda Ashram has a wonderful yoga studio, which is fully equipped to accommodate more than 50 students at a time. It is located just behind the Ashram Temple with a scenic view of Himalayas and the holy Ganga River. Senior Iyengar Yoga teacher Sri.Ramanand Patel of USA visits often to conduct yoga retreat here. Iyengar Yoga teacher Sri. Nandakumar conducts regular yoga courses for beginners and intermediate level students. Apart from them yoga teachers from different parts of the world visit the ashram with their students and conduct courses for them.

Forthcoming Yoga courses:

Shri Nandakumar will conduct residential Iyengar Yoga courses on the following dates:

April	19th-26th	2011
October	21st-30th	2011
November	1st-10th	2011
February	1st-10th	2012

The courses will explore the technical details of Asana and Pranayama in the tradition of Iyengar Yoga. These courses are very well suited for beginners and intermediate level students. Interested persons are requested to register in advance or send their enquiries

to yogiyaar@hotmail.com

or

[contact the office](#)