



Yoga Courses / Classes at the Ashram 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.

Shri Nandakumar

will conduct residential Iyengar Yoga courses on the following dates:

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.**

Please visit website: www.dayananda.org.