

Radha Krishna Temple Presents



Sanjeevani Pranayam (A series of breathing exercises)



From Friday, August 22 to Sunday, August 24, 2008

by

**Shri Chandrakant Dharmadhikary Ji
Nagpur (Maharashtra), India**

- Dharmadhikary Ji is a disciple of Dr. K.S. Kshirsagar who is an innovator of Sanjeevani Pranayam.
- He is working as a Yoga Therapist at a rehabilitation centre for heart patients in Nagpur.
- He has held workshops on Stress-Management, Pranayama, Meditation, and Yoga-Needra and effectively used this Yogic Therapy as curative, preventive and for rehabilitation of psychosomatic patients.
- It is observed that this Yogic Therapy prevents and cures tension generated non-infectious disorders such as CAD, DVD, Angina Pectoris, Hypertension, Hypotension, Diabetes, Arthritis, Rheumatism Gout, Acidity, Insomnia, Asthma, Tension Headache, Migraine, Nervous Disorders, Thoraces, Spinal Disorders, Obesity, Paralysis and de-addiction.
- By 2020, 50% of the deaths due to heart diseases will affect young people below the age of 30.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Friday	August 22	6:30pm-8:30pm (Evening)
Saturday	August 23	7:30am-9:30am (Morning)
Sunday	August 24	7:30am-9:30am (Morning)

Radha Krishna Temple @ 357 Lawrence Station Road
(Opposite Liberty Green), Lawrenceville, NJ 08648
(Mandir Website: <http://www.radhakrishnatemple.org/>)

Fees (includes all 3 classes): \$40 per person (if purchased in advance), \$45 per person for walk-ins; \$10 for children 5-12 years

- You will learn Deep Breathing, Pran Sanchalan, Nadishodhan, Kapalbhati, Yog Mudras, Panchamrut Pranayam, (five most effective Pranayams) and Yog Nidra.
- The fee is same whether you attend one or all the classes. You are encouraged to attend all the 3 classes since different pranayams will be covered in each class.
- There is no age limit to attend these classes. Children and elderly can attend it as well.
- If you can't sit on the floor then you can do the pranayam by sitting on a chair.
- Wear comfortable clothing that allows you to move, yet also allows the instructor to see the movements that your body is making. Please bring clean bare feet.
- Do not eat a meal for at least 2 hours prior to your lesson. A small snack or piece of fruit is a great alternative and will support rather than deter from your experience.

You probably have a Yoga/Pranayam DVD sitting on your shelf. However, it is your rare opportunity to learn from an experienced and knowledgeable master. Take a break from stressful life and learn how to relax your mind. Your mind and body will thank you for this ☺

For more information and to purchase tickets please contact:

Yogesh Sharma 609-737-1986, Sandeep Agarwal 609-750-0960, Hemaben 609-598-0967, Sarojben Patel 215-295-5131, Chandra Goel 609-750-1823, Pramilaben 609-581-7814, Sandhya Deshpande 609-635-9072

Or send an e-mail to contact@radhakrishnatemple.org