

Yoga Program : Updated Details.

At Bharatiya Cultural Hall located at 1612 County Line Road Chalfont, PA
18914 Phone: (215) 997-1181, Web Site: www.b-temple.org



When: Wednesdays 6 pm to 7.00 pm and Sundays from 8.30 am to 9.30 am.

Contributions : First two sessions are free for all healthy devotees. BCC is aware of the soft nature of the job market and economy. For those who can donate give \$ 5 per person or \$ 10 for family each session. Make your check to BCC (coupon marked Yoga). Leave it in Gift Shop or drop in the hundi. Those that need special consideration -- please talk to the yoga coordinators. You may be able to barter or help in another area where BCC and BTI needs help. We will accommodate. No one will be denied access to this health sustaining yoga program. Health permitting, all seniors and active members of youth group may attend free. This contribution policy will be reviewed every six months or as appropriate based on experiences gained. Honor System Prevails. Your donation will support the services that BCC offers to our community. Be generous. Please bring your own yoga mat with you! Bring an extra one if you have!! Bring a healthy friend or two or three!!!

How to sign up: click on the link below and enter your Yahoo ID. If needed, create a new Yahoo ID, right online. After signing in, you can opt to register your non-Yahoo e-mail ID so that you can receive your messages to your regular email address. Also you will have access to group messages, class cancellations, members in the program and can post your suggestions thru the site. If you have yoga instructional skills let the core group know and join in.

https://login.yahoo.com/config/login_verify?.intl=us&.src=ygrp&.done=http%3a//groups.yahoo.com%2Fgroup%2Fb-templeYoga%2Fjoin

Instructors alphabetically 1) Renuka Adiraju, 2) Ashwini Aragam, 3) Janet Barnhart, 4) Ragini Bhoopathy, 5) Sharmila Jog, 6) Benita Mukerji, 7) Alli Natesh 8) Shivangi Rawal, 9) Niranjan Samant, 10) Praveen Sharma.

Alli Natesh (Interim Yoga Co-coordinator) 215-661-0393 allib.natesh@yahoo.com Praveen Sharma 215-361-0145 pravsharma@hotmail.com, Shivangi Rawal 254-548-2135 or 610-732-3701 shivangirawal@gmail.com Renuka Adiraju 215-542-8596 radiraju@aol.com

HHS Contact persons: Akkaraju Sarma (Chair) (215-914-0236). By email at akkaraju1@verizon.net Or call BCC at 215-997-1181.