

## 2016 SPRING/SUMMER CALENDAR

### FREE COMMUNITY YOGA by RADHA KRISHNA TEMPLE

Saturday mornings – 9:30am @Watters Montessori, 1292 Bossy Boots Dr., Allen, TX

RSVP & Info: [info@radhakrishnatemple.net](mailto:info@radhakrishnatemple.net) ▫ Class Status/Cancellations: 972-908-0303

DATE	SESSION
Apr 9	<i>Taming the 5 Senses for Holistic Health</i>
Apr 16	<i>Prana Vayus – Optimizing Your Vital Forces</i>
Apr 30	<i>Digestion Yoga for Healthy</i>
May 7	<i>Joints for Good Health</i>
May 14	<i>Vitalizing the Nervous System</i>
May 21	<i>Harnessing the Power of Breath</i>
Jun 4	<i>Lighting Your Internal Fire</i>
Jun 11	<i>Recharge &amp; Unwind – Yoga for Stress Relief</i>
<b>Jun 18</b>	<b>DALLAS YOGA FEST in PLANO TX</b>
Jun 25	<i>Developing Balance &amp; Harmony</i>
Jul 9	<i>Boosting Your Immune System</i>
July 30	<i>Healthy Back Care</i>
Aug 6	<i>Yoga for Healthy Circulation</i>
Aug 20	<i>Creating Flow Inside &amp; Out</i>
Aug 27	<i>Achieving Groundedness</i>

**All Sessions will include a balanced practice of yogasan (yoga postures), pranayam (breathing exercises), dhyan (meditation), subtle body relaxation, mudras, and science of proper diet.**

**\*\*\*ALL MOBILITY AND EXPERIENCE LEVELS ARE WELCOME TO PARTICIPATE\*\*\***