



Free & Open!

Yoga Therapy Retreat – One Day Camp

**(Yoga therapy for heart diseases, diabetes,
hypertension, obesity, back-pain and arthritis)**

Organized by

Hampton Roads Patanjali Yoga

in collaboration with

Patanjali Yog Peeth and

Taksha School of Integrative Medicine (SIM)

in cooperation with

Hindu Temple of Hampton Roads

Saturday - August 8, 2009

9 am to 4 pm

- Yoga Therapy: asanas, pranayams, mudras, bandhs, kriyas, acupressure, yogic exercises, and more
- Hands-on practice, interactive presentations, breakout sessions
- Free and Open to Public - due to limited space it is first come, first served, up to maximum of 150 persons!
- Register, make lunch choices, and accept the disclaimer online at:
http://rails.taksha.org/taksha/home/list_courses
(click on **TIM628**); or by mail, email, fax, phone.



Taksha University

**15 Research Drive
Hampton, Virginia 23666
Phone: (757) 766-5831
Fax: (757) 865-1294
Courses@taksha.org
www.taksha.org**



**Dr. Dilip K.
Sarkar**

**MD, FACS, D. Ayur
Director, SIM**

**Energize, heal,
relax, feel good!**

- Yoga for healthy living and various ailments
- Bring your own yoga mat (or beach towel)
- Lunch/Handouts (at cost): \$10 if pre-registering before July 9th, 2009; and \$14, after the 9th
- Discounted hotel lodging available upon inquiry
- Advance registration required (payment by credit card or check) via online, fax, mail, or telephone

Retreat Location

**Hindu Temple Cultural Hall
217 Dominion Blvd S.
Chesapeake, VA 23322**

<http://www.hindutemplehr.org>