

From the disciple of Baba Ramdev

Pranayama and Yoga Classes

9th November onwards Every Sunday from 7:30am – 9:00am

3818 212th Street SE, Bothell, WA 98021



Yoga breathing, or Pranayama, is the science of breath control. It consists of series of exercises especially intended to meet the body's needs and keep it in vibrant health.

Baba Ramdev Maharaj ji is a world renowned Yoga and Ayurved master. His practical approach to Yoga has won him millions of followers all over the world. One of his disciples **Smt. Rathna Rao** is in town. She has learnt Yoga from Patanjali Yog Peeth and is a certified Yoga/Pranayama teacher in Mysore teaching thousands. In these sessions, she will teach you the daily Pranayama routine which each one of you can easily incorporate in your daily routine to reap rich benefits and living a disease free life.

For questions, please contact Anu at (425) 898-7278 or Raman Patel at (425) 349 3981

Class will begin at 7:30am sharp on 9th Nov

For more information about Pranayama,
<http://knowyoga.org/tiki-index.php?page=Pranayama>

- *If you plan on attending, please bring a sheet/mat along.*
- *Please don't bring children under 10*
- *Pranayama requires peace and quiet. Be ready to just to be with yourself*
- *Pranayama is practiced on an empty stomach. Please don't eat at least for 3 hours before the class.*