

## YOGA CLASSES:



### **VIJAY CHITRA, R.Y.T.**

Vijay combines twenty years of successful corporate experience, in a multi-national organization, with over fifteen years of intensive training and teaching in Yoga and Meditation.

Vijay has a degree in Engineering and is a qualified teacher on paper and also in practice. He is a certified teacher in Hatha Yoga, Registered Yoga Teacher (R.Y.T) with the Yoga Alliance, and has been following a yoga-oriented lifestyle for many years.

Vijay combines valuable experience in the corporate environment as an employee, a yoga teacher and a trainer. Having worked successfully in group settings and one on one with individuals, he has identified effective ways to actively reduce both mental and physical tension.

Vijay is an enthusiastic and inspiring teacher who presents only what he practices in his personal life. Through his own experience and commitment to his teachings, he is familiar with proven and practical techniques. Vijay is passionate about bringing the art and science of yoga and his techniques learned through personal practice to you and your organization.



### **Manisha Sharma**

Manisha has been practicing yoga for over 6 years and has been teaching yoga for over 2 years. In December 2001 Manisha received her Yoga Instructor Certification through VYASA (Vivekananda Yoga Anusandhana Samsthana) in Bangalore, India. Manisha also received her certification as a Stress Management Trainer while she was studying at VYASA in India in February 2002. Currently Manisha has been teaching classes for people of all ages, and caters her classes for children, adolescents, adults, and older adults. Manisha truly enjoys teaching yoga and wants to encourage people to learn how to incorporate yoga into their lives and learn to view yoga as not just an exercise but a lifestyle.

### **All Levels Hatha Yoga**

**Tuesday: 7:00 – 8:15 PM**  
**Wednesday: 6:30 – 7:45 PM**

**Sadhu Vaswani Center**  
1827 Bridge Street  
Dracut, MA 01826

### **All Levels Hatha Yoga**

**Thursday: 7:00 – 8:15 PM**

**Yoga Sanctuary – Studio**  
25 Indian Rock Rd (Rt. 111)  
The Commons-Suites 21&23

### **Individual Yoga Sessions For Common issues**

*By  
Appointment*

**Sadhu Vaswani Center**  
1827 Bridge Street  
Dracut, MA 01826

## *Yoga Variations*

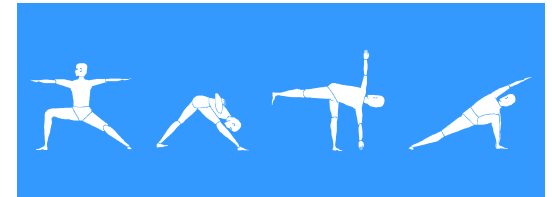
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# Y O G A

It's more than just bending & twisting



*A unique way  
to integrate body,  
mind and emotions  
through opening to the  
wisdom of your body*

*“We can rise above our limitations  
only when we recognize them.”*

*Anonymous*



**Yoga Variations**