


**Nandalala Mission** is pleased to announce and introduce "Athma Yoga", a yoga class for enriching the body and the soul.

Geared towards children and adults (8 years and above), the yoga class will be taught by Ms. Rita Sarathy, a student and certified instructor in the Vasantha style of yoga practice. She has been learning and training under the tutelage of Ms. Vasanthi Bhat for more than 10 years.

Classes will evolve from warmups through standing and lying down postures, and conclude with Pranayama.

# Aathma Yoga



**Saturdays**  
Oct. 24<sup>th</sup> - Dec 19<sup>th</sup> 2009  
at 4:30 - 5:45 P.M.  
737 Sequoia Drive  
Sunnyvale, CA 94086

**Class Fees: \$96 for 8 week session**  
(partly tax deductible)

Please contact to sign up:  
[nandalalamission@gmail.com](mailto:nandalalamission@gmail.com)

