



The Yoga Sutras of Patanjali

*with Master Teacher, **Anirudh Shastri***

*A benefit for **The Art of Yoga Project***

SUNDAY, MARCH 7TH 2010 2:00 – 5:00 PM

Downtown Yoga Shala – San Jose, CA
downtownyogashala.com

SUGGESTED DONATION \$45

Join Master Teacher Anirudh Shastri, as we explore the sutras through enlightening discussion and invigorating asana. Shastri is a highly respected yoga teacher with an extensive background in yoga philosophy. He has been teaching yoga for more than 30 years, bringing his deep knowledge of physical and spiritual aspects of yogic philosophy to his many students. Shastri was trained in India and has studied under the guidance of Shri Vishnu Prasadji.

The sutras of Patanjali are yogic techniques which start with where we are now and lead us to rapid growth and realization beyond what we know. Yoga does not need any belief on your part; you do it and realize your ultimate potential which is freedom from your limited self. Deepen your practice with this essential yogic knowledge and allow the spirit of yoga to saturate your being!

The mission of **The Art of Yoga Project** is to lead teen girls in the California juvenile justice system toward accountability to self, others and community by providing practical tools to effect behavioral change.

Proceeds go to **THE ART OF YOGA PROJECT** a 501(c)(3) non profit. www.theartofyogaproject.org