

ASSOCIATION FOR INDIA'S DEVELOPMENT MIT & BOSTON CHAPTERS



मेला 2009
art. culture. peace

MIT, ROCKWELL CAGE
OCT 11, 2009 (3-10 PM)
www.shantimela.org

Workshop: Yoga



About the Workshop:

This one-hour class is designed as an introduction of yoga practice to those who are new to yoga. Dharma will introduce a brief history of yoga and different yoga school systems. Participants will be able to see some video records of important yoga masters who brought yoga to the west. Dharma is also going to introduce basic yoga pranayama (breath control) and asana (posture) that he practices everyday. Participants will find these yoga techniques very useful in the daily life.

What should you bring?

Bring clean bare feet and an empty stomach. Most students wear a leotard and footless tights or a t-shirt and a running shorts. Long, baggy pants are not recommended. Please come without heavy jewelry and perfume.

Please advise Dharma before class if you have any significant health problems, recent surgery or are pregnant.

Profile: Dharma

Dharma has been practicing yoga daily for many years. He has recently completed his yoga teacher training with Jaime Sanchez, ND and become certified to share his love for yoga with others. He is working as a postdoctoral researcher in Boston. Dharma believes that daily yoga practice brings a practitioner a healthy body and peaceful mind.

6:00—7:00pm

Other Programs in the Festival:

Music workshops, dance workshops, peace workshops, art contest, photo exhibits, delicious food, indoor games, kids activities, peace mural painting, performances, community dance (garba-dandiya) and much more..

Association for India's Development is a volunteer movement promoting sustainable, equitable and just development. AID supports grassroots organizations in India and initiates efforts in various interconnected spheres such as agriculture, energy, education, health, livelihoods, natural resources including land and water, women's empowerment and social justice. More information about us at www.aidboston.org or www.aidindia.org.