

Integral Yoga[®] In Charlottesville



Easeful Body & Peaceful Mind

Free Introductory Hatha Classes

with Swami Dayananda

- Saturday, 19 November, 3 to 4:30pm
(Taught in **English**)
- Sunday, 20 November, 3 to 4:30pm
(Taught in **Japanese**)

Prepare for the Holidays with a relaxing Yoga class. You do not need to have a flexible body to do Yoga, which is much more than just doing the poses.

You will be introduced to:

- Basic hatha yoga poses for rejuvenating the body
- Deep relaxation for release of physical and mental tension
- Breathing techniques for systemic balance
- Meditation for the experience of peace

What to bring: Yoga mat, blanket, and bottle of water

Registration: Please email your name, phone number, and the date you plan to participate to registrar@hiromitaichi.org. Space is limited. Register early.

Swami Dayananda, a disciple of Swami Satchidananda since 1982, is a primary instructor for Basic Hatha Yoga Teacher Training and also teaches workshops on meditation and Yoga philosophy at Satchidananda Ashram-Yogaville in Buckingham, VA. She was born in Kagoshima, Japan, and came to the United States at the age of fifteen.



Location: Hiromi T'ai Chi Dojo

110 Old Michie Building, 609 E. Market St., Charlottesville, VA 22902 (877) 880-2479

Directions: HTC is in the Old Michie building across from SNL. Please enter through the 7th Street entrance.

Parking: Free two hour parking rules apply for most of the surrounding streets between 8am and 6pm. Two hour validated parking is also available in the parking deck on Market Street next to the police station, or in the SNL lot on 7th Street on Saturdays and Sundays.