



Tapas Class with Madhuri (Kathy)

Sunday, 11 April 2010

Sunday, 2 May 2010

8am-10am

Tapas is the activity of keeping the body fit. Literally it means to blaze, burn, or shine, but more specifically to heat the body, and by doing so, purify it, removing the things that we don't need. It is a means by which we can keep ourselves healthy, cleansing and transforming. This special class includes yoga asanas (physical poses), pranayama (breath control), and meditation for two hours of soul cleansing yoga bliss.

ALL ARE WELCOME, BUT A FUNDAMENTAL KNOWLEDGE OF YOGA IS RECOMMENDED

\$20 minimum donation per class

To be held at:

Nature's Remedy www.naturesremedyonline.com

1341 Hamburg Tpke., L4 Wayne, NJ 07470.

Any questions? Contact Madhuri, posadadj@gmail.com or 973-864-4762

Madhuri Kathy DeJesus is a Registered Yoga Teacher(RYT) with The Yoga Alliance and a Certified Meditation Teacher under the guidance of her revered Spiritual Teacher, Reverend Jaganath Carrera.