

Yoga, Pranayam & Dhyana (Meditation) Sessions every weekend

Maharishi Patanjali has described eight important aspects of RajYoga a highway leading to a blissfully blessed life.

These are Yam, Niyam, Aasana, Pranayam, Pratyahaar, Dhyaan, Dhaarna & Samadhi. Practising these aspects in our lives is a sadhaana that everyone should strive for. Inspired by this noble doctrine of healthy living as described in detail by our Gurudev Param Pujya Pandit Shri Ram Sharma Acharya, we have initiated earnest efforts to cultivate the virtues of the said aspects of Yoga, Pranayam & Meditation in our day to day routine. We assemble together once a week on Sunday and practice the various Aasanas, Pranayam & Dhyaan. In this section we briefly describe one Yogic posture and the associated benefits.

Contact Details :

Sanjeev Roy & Anil Desai
Mobile : 0425354143
Email : anildesai28@yahoo.co.in

Venue : Toongabbie Community Centre

Timings : Every Sunday 7.30 am to 9.30 am

