

Tibetan Exercises

“Fit” in Fifteen Minutes

Every Thursday

from 6.30 pm – 7.15 pm Thousand Oaks, CA **RSVP ahasuki@gmail.com**

Join us every Thursday evening for a complete Mind and body energizing workout.

All you need is 15 minutes of your time everyday to maintain your physical and mental well-being.

Learn in 4 classes and practice everyday at your convenience in your home

Email or call in for Private classes on any of the days during the week/weekend

Benefits:

- ❖ Restore and rejuvenate your Youthful appearance
- ❖ Feel abundant energy throughout the day
- ❖ Increase concentration and Mental acuity
- ❖ Center yourself and balance your Body and Mind
- ❖ Give your endocrine glands and chakras a healthy workout
- ❖ Good for toning up your muscles especially chest, abdominal muscles and facial muscles
- ❖ Excellent workout to strengthen your respiratory system
- ❖ Strengthen and Increase flexibility of spine, joints, arms and legs
- ❖ Improve vision
- ❖ Good workout for neck muscles and entire neck
- ❖ Balance your Thyroid and hormones
- ❖ Good workout for your entire Body and Mind

Who can Participate:

Ages 10 years and above

Fees

\$25 for set of 4 classes; \$75 if you register for all 4 classes

Address will be provided upon registration.

About the teachers

Shambhavi and Swanand Kriyaban are initiated disciples of eminent Himalayan Yogi His Holiness Sadguru Mangeshda practicing Kriya Yoga. They are certified Yoga, Meditation, Mudra therapy teachers Ayurveda & Marma practitioner, and Reiki Masters and Holistic Healers from Sadguru Mangeshda Kriya Yoga Foundation. Shambhavi is a medical researcher, and is an Ayurvedic practitioner and is widely published in journals and international magazine.

More at <http://subtleconnection.com/testimonial>



Sadguru Mangeshda
Kriya Yoga Foundation
(Registered charitable trust)

Contact Shambhavi & Swanand Kriyaban
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www.subtleconnection.com for courses and events in USA
www.mangeshda.org for details about our Foundation

Our Motto is to spread Unconditional Love and Unconditional Forgiveness for World Peace