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AHA HINDU TEMPLE AND CULTURAL CENTER ORGANIZING INTERNATIONAL YOGA DAY

"Yoga is about attaining to absolute Balance, piercing Clarity, and an inexhaustible Exuberance. With this, you are immensely fit for life."

Sadhguru

Celebrate International Day of Yoga

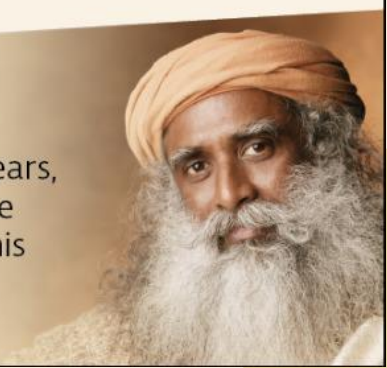
On the occasion of International Day of Yoga, Isha Foundation is offering free holistic workshops across North America. Designed by **Sadhguru**, these workshops intend to bring the timeless benefits of Yoga to every human being on the planet. Practices taught include invigorating physical postures, breathing methods (Kriya), and Meditation.

Venue: AHA Hindu Temple and Cultural Center of Wisconsin
2138 Fish Hatchery Rd
Fitchburg, WI 53575
Sat. June 22nd, 10am – 12:30 pm
Ages 12+

Benefits

- Improved memory, focus & mental clarity
- Relieved stress, anxiety and chronic ailments
- Strengthening of the spine and relief from back pain

RSVP and for more info:
InnerEngineering.com/Free-Sessions

Walk-ins welcome

Sadhguru is a yogi, mystic, visionary, and bestselling author. For over 35 years, Sadhguru's work has transformed the lives of millions worldwide through his transformational programs.