

In the Spirit of President Obama's Active Lifestyle Challenges and "United We Serve - Let's Read, Let's Move" initiative, Vedic Cultural Center in partnership with Hindu American Seva Charities, presents Yogathon, a free workshop for youth and adults, an open house, with an introduction of yoga's traditional concepts.

Come, participate and support this wonderful White House Service initiative at a location close to you!

YOGATHON

(A free yoga workshop for Youth & Adults)



Venue: VCC/ ISKCON
Day: Sunday Aug (29th)
Address: 1420, 228th Ave
• Sammamish, WA-98075

RSVP:
• yoga@vedicculturalcenter.org

For More Info Contact:
Anjan - (425)-442-9799
• Vidya - (425)-652-1226

*** MUST COME ON EMPTY STOMACH**
*** BRING YOUR OWN YOGA MAT**

EVENT SCHEDULE:

7:00 AM - 9:00 AM - "Pranayama & Yogasanas" by Narender Gunna, "Patanjali Yogpeeth (USA) Trust & HASC.

9:00 AM - 9:30 AM - FREE Breakfast - Sponsored by VCC / ISKCON.

9:30 AM - 10:10 AM - "Perfecting Your Postures" by Erin Zimniewicz, EZ Balance, Redmond.

10:20 AM - 11:00 AM - "Slow Yoga for Optimum Health" by Lesley Hoobs, Anam Healing & Yoga, Redmond.

11:10 AM - 12:30 PM - "Yoga Ladder" By Uncle Harry - VCC Bhakthi Yoga.

12:30 PM - 1:30 PM - FREE Lunch - Sponsored by VCC / ISKCON.

1:30 PM - 2:00 PM - Meditation "Tranquility Within" by Elena Johnston, Samskara Yoga, Redmond.

2:00 PM - 2:30 PM - "Yoga & Lifestyle" by Anjan Chakraborty, VCC.

2:30 PM - 3.00 PM - "Mantra Yoga" by Anjan Chakraborty, VCC.

3:00 PM - 4.00 PM - "Kirtan Yoga" by VCC's "Divine Mellows" Kirtan Group.