



ヨガ教室



YOGA

by Lata Anand

古代インドに起源を持ち、サンスクリット言語で「調和」を意味するヨガは、「心」「身体」「精神」の調和をもたらす一連の運動、ストレッチング、呼吸法から構成されるエクササイズです。

Yoga, meaning “union” in the Sanskrit language, consists of a set of physical and breathing exercises and stretching aiming to unite the mind, body and spirit.

Yoga by Lata (Tuesday: 10:00am to 11:00am)

Students will learn to develop a life-long awareness of inner well-being, increase body posture and develop strong, flexible and relaxed state of body and mind through Yoga.

The sessions focuses on breathing exercises, working with your core muscles, yoga postures and relaxation. The class also focuses on pranayama, which is a special breathing technique to exercise internal organs and improve their functions.

The class will be taught by Lata Anand, a certified and well experienced Yoga instructor from the Indian Yoga Institute, SVYASA Bangalore.

For more information please call Lata at (408)203-0846 or see www.yogamaze.com



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参加申し込みは、日本文化センター受付
(408)418-3535 まで。

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