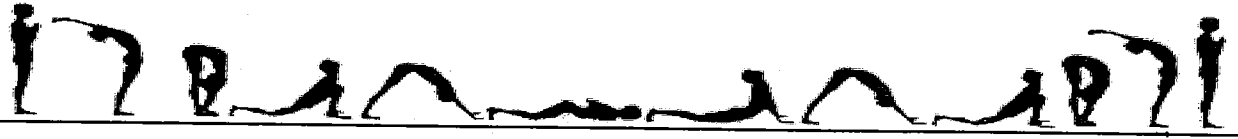


THE PHILOSOPHY AND PRACTICE OF YOGASAN CLASS



Yogasan class is conducted in four stages (a) Surya Namaskaar, (b) Hathayoga practice, (c) Pranayam and Dhyan (Meditation), and (d) Discussion on Vedic Dharm.

Surya Namaskaar

Three cycles are completed. Each cycle has 12 postures; the first six postures are repeated from the seventh position with minor variations. Each posture of Surya Namaskaar is associated with its unique mantra and must be recited correctly during the practice of that posture. Proper speed is maintained during the entire three-cycle set.

Hathyog practice

A number of asanas are practiced in this session. On the basis of the initial health discussion, a set of asanas are taught to each member of the pariwaar. Most asanas are practiced by all members, however, some members may do asanas specific to their body, mind, and temperament. Practice of wrong asanas or a combination of asanas could be quite harmful to the individual practitioner's personality. Such harmful practice is carefully avoided.

Pranayam and Dhyan

After hathyog, pranayam is practiced. Every member learns pranayam slowly and carefully. Four to five different types of pranayam are taught. After pranayam, dhyan (meditation) is practiced during which Shantipaath and Gayatri Mantra is chanted.

Discussion of Vedic Dharm

Pariwaar members participate in the discussion of the Hindu dharm. The discussion comprises of the composition, history, contents, etc. of Hindu scriptures (Ved, Puran, Upanishad, etc.)

PROCEDURE FOR JOINING YOGASAN CLASS

Yogasan class meets every Sunday at the Hindu Temple from 9:30 a.m. to 10:30 a.m. in the "Friendship Hall" (basement) unless it is reserved for another activity or event. In the event of such conflicts, the class meets in the big hall. The Yoga class is made up of serious Yoga practitioners. The group is referred to as "Yoga Pariwaar". The procedure to join the Pariwaar is as follows:

1. The interested person first must come to the class and watch the entire session carefully.
2. During the Yogasan session, the teacher consults with the person about the condition of the person's health. In this consultation, the person's health problems and the commitment to follow the Yogasan discipline of the Pariwaar are carefully analyzed to make sure that:
 - a. The person is fit to start Yoga practice.
 - b. The person is seriously interested in learning and following Yoga discipline.
 - c. What the person's reason is for starting Yoga practice? If the reason is nothing more than curiosity to see what Yogasan is all about, then the person is not ready for the commitment, and should not join the Pariwaar.
 - d. The person should be willing to spend at least 15 minutes every day (morning or evening) at home to practice. Missing the practice and/or the class because of work assignment or traveling is acceptable.
3. If everything goes well, then the person is advised to join the beginner's class from the next session or some later time.

The class concludes between 10:35 a.m. and 10:45 a.m. For more information, please contact Mr. Vijay Kumar at 816-235-2366.

YOGA PARIWAAR