

# Free Yoga Session at Perth Hindu Temple

*"Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked."  
(The yoga sutas of Patanjali)*

## What is Yoga?

In the most upfront definition, Yoga means union, union of our body, mind and soul. This form of nurturing our bodies helps us develop peace within ourselves as well as a deep appreciation of the life and energy around us.

Imagine the perfect method of living a long, healthy, and happy life. One that is as efficient, effective, and safe as possible. Several thousand years ago someone called it YOGA.

It's still a "fad" today! Yes it does and nowhere else then at our beloved Perth Hindu temple.

Our Hindu Temple youth group run Yoga session every week. It is open for all ages people. Yoga is instructed by our widely experienced yoga teacher Sri Shankar Madan.

We encourage you to come and join us for basic exercise at multi purpose hall.

**Where:** Multi purpose Hall, Perth Hindu Temple, Lot 41, warton road, canning vale

**When:** Every Saturday, 04:00 PM to 05:00 PM

**Price:** Free Yoga session for Everyone

## What do I need to bring?

Please bring one yoga mat with you.

## What should i dress up?

Please put on flexible clothes for stretching exercises.

For more information please Email Jignesh Joshi on [Jignesh\\_Joshi82@hotmail.com](mailto:Jignesh_Joshi82@hotmail.com) or contact on 0423738809..

*"...Kick off your shoes, loosen your clothing, and spread out your mat. Class is about to begin!..."*