



Introducing

Pranayam

Ajita Patel C.A.S. has been teaching Pranayam for the past 2 years and is in private practice as an Ayurveda Consultant in Orange County. She has received her training from the California College of Ayurveda, Patanjali Yog Peeth, various Ayurveda ashrams and hospitals in India and with Dr. Vasant Lad.

Her family have been part of the Chinmaya Family for the past 15 years.

A carefully guided class taught in two levels that explores the powerful techniques of Pranayam and Meditation to bring more clarity, calm and health benefits.

These sessions, taught by Swami Ishwarananda and Ajita Patel will motivate you to start your own practice at home and reap the tremendous benefits of daily practice to ...

- *increase lung capacity*
- *reduce toxins in your body*
- *improve digestion and elimination*
- *improve concentration and memory*
- *relieve stress and calm the mind*
- *have more energy and stamina*
- *improve your immunity*
- *improve self control and anger management*
- *learn to meditate effectively*

Learn how to harness your life force and revitalize your body and mind.

Saturdays - 7:00am to 8:30am.

Level I (4 Weeks): February 12th to March 5th OR March 19th to April 9th .

Level II (7 Weeks): April 30th to June 11th .

(Level II will focus on advanced Pranayam by Ajita Patel and meditation techniques by Swami Ishwarananda. Open for those who have successfully completed Level I)

Chinmaya Rameshwaram

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Call: (949) 460-0163 or email: ajita@healingwithayurveda.com

Donation \$50 per course. REGISTRATION Required