



Rediscover-Self

860.732.2512 | www.arkrish.com

Introduction: Our program is designed to serve you through Yog, after understanding your need and customizing the program on the fly to meet the need of the day, for the specific age group and understanding your current state of mind. Yog is a journey for us – a never-ending path of learning in which we help you overcome your unique issues, whether they be **physical, mental, or social**. By giving you the tool of Yog, you overcome these issues yourself, through faith and patience. Please visit us at <http://www.arkrish.com/> to understand more about us.

Is Yog another version of Yoga:

http://www.arkrish.com/index.php?option=com_easyfaq&task=cat&catid=56&Itemid=55

Who is Patanjali and what is Hath Yog:

http://arkrish.com/index.php?option=com_content&view=article&id=115&Itemid=136

Who can do Patanjali Hath Yog: People of any age and any gender can participate in our program. In order to respect the participant comfort level, we have a male and female Yog practitioner (referred as Yogi and Yogini), so that you can get the best out of us in terms of assistance. Since we are expecting people of all ages and different experience level are going to participate in the program, we will move from basic fundamental Yog asanas that can be done by everyone to medium and then as we make progress to more intense yog asanas, pranayam and meditation.

What is that, you are going to teach in the program: First of all, we would like to clarify that we will not teach, but we will make an attempt for ***YOU TO LEARN*** to be best of your capacity to gain a maximum benefit out of the program. We will make you to flow through sequence of Yog asana, breathing followed by Q&A sessions, so that you are making steady progress in your practice as you are associating yourself with arkrish.

What Next: Call us at 860-730-2512 or send us email at info@arkrish.com or send us a message at "Contact Arkrish" in home page to register you for the class. Very nominal fees of \$40/8 classes or \$8/class that we would like you to donate, if you find the session is worth of it so that we can plan on serving larger community. If you are not satisfied you do not pay and there will be no question asked.