



D/FW Hindu Temple Society

Ekta Mandir

Cordially Invites You and Your Family and Friends
to a special Yoga Session

Yoga to Detoxify the Mind & Body

A Stress Management Workshop BY

Subhash Garg, a visiting Yoga Therapist, post-graduate engineer from IIT Roorkee

Location: DFW Hindu Temple – Meditation Hall,
Sunday, Sept 17th 10 AM to 11:30 AM, Monday Sep 18th - Wednesday 20th, 7 PM to 8 PM,

Ancient Yogic teachings offer a way to harmonize the body, mind
And spirit, which help us deal with stressful situations.

Through exercises, group discussion, sharing and feedback, to
participants will build their own toolkit from these proven techniques
tachieve greater peace, energy and awareness.

This experiential workshop helps realize Yoga as a way of life and in
addition to yoga postures, it consists of:

- Yoga Breathing - Pranayama
- Yogic Kriyas - Trataka, Kapal Bhati and Kapal Randhra
Dhouti
- Healthy Routines
- Yoga Hygiene - Detoxification for improving the immune
system
- Meditation and Reflection for energy management



Subhash Garg, a visiting Yoga Therapist, is a post-graduate engineer from IIT Roorkee and worked at leading Indian and
international corporations before taking on a second career to promote well-being.

He teaches Yoga pro-bono while in the US to serve others. He is a Life Member of the International Board of Yoga and
has trained at several prestigious institutes in India including:

- The Yoga Institute, Mumbai
- Yoga Vidya Niketan, Mumbai
- Divine Life Society, Rishikesh
- Vishvayatan Yoga Kendra under Swami Dharendra Bhamchari, the famous teacher of Ex-
Prime Minister, Mrs. Indira Gandhi.

He offers an excellent fusion of spirituality and technology.



Event Chairs/Co-Chairs

Satyan Bodla 817-571-4626

Narender K. Gupta 817-571-6945

Swati Tripathy 940-368-3698

Koteswari Guntaka 972-900-3868 Kumud Gupta 817-571-6945

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Event Sponsor: \$51

For more information, please call 972-445-3111 or visit: dfwhindutemple.org