

## **Center for Indic Studies Yoga class**

**October 21, 2005**

Dion 114, UMass Dartmouth

7 PM - 8:30 PM

**Format :** Sitting on the floor. There will be some sheets on the floor, but you may bring your own mat if you have one.

**Yoga Master : Dr. Sri Krishna Chandaka**

Director of Yoga Health Clinic & Assistant Director of International Yoga Research Center.

**Program :** Techniques and Practice of Yoga for Happy and Healthy Living.

Dr. Chandaka will teach some basic yoga techniques and practice in this session, which will be an extension of his seminar at 12 noon in the Library Browsing Area.

### **Bio:**

M.A.(Phil), M.D.(Alt. Med),P.G.(Sansk.): Has been running the Academy of Yoga Consciousness( Andhra Univ.) and Incharge of Yoga education at Yoga Vidya Bharati from 1995. Dr. Chandaka has been also the Director/Assistant Director of Yoga health Clinic and International Yoga Research Center for the last 4 years.

Dr. Chandaka is also trained in Kundalini Yoga, Practical Yoga and Meditation as well as in psychology, philosophy and physiology.

For further information please contact:

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