



PATANJALI YOGA CAMP

Experience the magic of Ancient Indian Science in Action

Camp includes various yogic

- *Vyayamas* (Exercises)
- *Pranayamas* (Breathing)
- *Asanas* (Postures)
- *Yoga Nidra*
- Meditation Techniques
- Eye Exercises
- *Jal Chikitsa* (Water Therapy)

PATANJALI YOGA CAMP

Sessions free of cost!

5 Days: June 24-28

7:00-8:00 PM

*N.B. Please be sure to
bring a yoga mat and a
notepad & pen. Also
dress comfortably

This camp would be ideal for anyone
suffering from the following health
concerns, is fed-up of the various drug
treatments, and is willing to explore
how to heal one's body naturally.

Overweight / Obesity

Asthma

Constipation / Gastritis

Back-pain / Spondylitis

High Blood Pressure

Heart Problems

Diabetes

Eye Problems

Sleep Disorders

Depression / Anxiety / Stress

Patanjali Yoga Camp

Temporary Road Pavilion

North Shore Dr.

Reston, VA

Yogacharya Chetan Prakash

Over 35 years of
yoga experience

Founder and teacher of Bhartiya
Yoga Sansthan with centres
across India: Bombay IIT, BITS
Pilani, Kota city, & Gurgaon

"Yoga IS THE
PERFECT
OPPORTUNITY
TO BE
curious about
WHO YOU ARE"
JASON CRANDELL