

FREE
OPEN TO ALL

SUMMER YOGA CAMP

Presented by *Hindu YUVA*

June 30 – July 18, 2014

5:35 – 6:30 PM (Monday to Friday)

Parks Library Lawns
Iowa State University
Ames, IA 50010



Instructor: Mrs. Seema Johar

Certified practitioner from *Patanjali
Yoga Sansthan*

*Awaken your
soul through the
power of yoga...*

- Yogic Postures
(*Aasana*)
- Breathing Exercises
(*Pranayam*)
- Guided Meditation



For more updates, please check: <http://tinyurl.com/SummerYogaCamp>



Hindu YUVA @ Iowa State University
For more information, please contact:
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Ankur Sharma (Event Coordinator)
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