

# YOGA

*at the Zen Buddhist Temple 2013 Summer*



On the purely physical plane, yoga is a wonderful exercise promoting flexibility, strength and aerobic health in a balanced way.

On an emotional level, yoga can bring peace, contentment, and freedom from the suffering created by attachment to sensory objects.

For the mind, yoga establishes a method of control. Yoga can turn the mind from a feared master to a faithful, supportive servant

As a lifestyle, yoga incorporates balance and harmony in relaxation, diet and personal morality.

The Zen Buddhist Temple offers 6 week classes in Sivananda Yoga on both beginner and advanced levels. Drop-ins are welcomed. The cost for the full six week session is \$60; drop in fees are \$12 per class.

**Yoga I beginning May 28 6 - 7:30pm**  
**Yoga II beginning May 28 and July 16**  
**6:30 -8pm**

**Instructor David Black** has been a student of yoga since 1993. His primary teacher training has been with the Sivananda organization from which he holds the master of yoga designation at the 500 hour level of Registered Yoga Alliance. He has trained with many recognized yoga teachers such as Manju Jois, Chuck Miller, Richard Freeman and David Swensen. He has completed other teacher training courses as well as advanced course work in Raja Yoga, Vedanta and pranayama.

**Instructor Jim Gilligan** began practicing yoga in 1988 and began formal teaching in 2012. He is Yoga Alliance RYT200 certified, receiving his training at the Yoga Center for Healthy Living. He teaches in several Yoga traditions, including Ashtanga, Hatha, Vinvasa. and Yin.

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