



Yoga for fitness & health



COVID Special!!

Where there is a will, there is a way!!

Yogavandana leads you there

Take advantage of this special offer – **Only \$50 per person (approx. 30% discount) for a 5-class pack until reopening of fitness studios.**

Classes will run on a regular basis on all Sundays. A class card can be purchased by making a payment via PayPal. Interested students need to fill out a waiver form following which I will send out PayPal details. Zoom meeting room information will be sent on receipt of payment. **Text me if you have any questions.**

The yoga instructor, Vandana Kadam, is a middle school math teacher by profession and has been practicing Yoga for more than thirty years. She studied with a renowned yoga practitioner in Bengaluru, India, and has worked with leading practitioners in the Bay Area. Vandana has been teaching yoga successfully for the past fifteen years in San Jose and has now expanded it to a wider membership in South San Jose by combining her teaching skills with her proficiency in yoga to help yoga enthusiasts achieve the fitness level they desire.

Day: Sunday & Wednesday (Wednesday classes until August 12 only)

Time: 8:30 am to 9:45 am

Regular Cost: \$70 for a 5-class pack and \$120 for a 10-class pack (without the discount)
(must be used within two months & four months of purchase respectively)

Location: Zoom meeting

What you need: Comfortable clothing & a yoga mat or anything that will provide you with a cushion to lie on. You may bring a small pillow to help with certain poses.

For more information:

Call or text Vandana Kadam at (408) 219-7353 or

Email us at contactyogavandana@gmail.com