

Yoga for fitness & health



Group Discount!!

You make the resolution to get healthy and leave the rest to

Yogavandana!

Take advantage of this special offer – **Only \$50 per person for a 5-class pack when 4 or more people sign up in one group.** Classes will run on a regular basis on all Sundays. Individual (non-group) costs are listed below. A class card can be purchased prior to the start of your first class to use at your convenience. ***You do not lose any money if you miss a class. Use your card when you attend the class.***

The yoga instructor, Vandana Kadam, is a middle school math teacher by profession and has been practicing Yoga for more than twenty five years. She studied with a renowned yoga practitioner in Bangalore, 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.

Please call / text to pre-register.

Day: Sunday

Time: 8:30 am to 9:45 am

Cost: \$70 for a 5-class pack and \$120 for a 10-class pack (without the group discount)

(must be used within two months & four months of purchase respectively)

Location: Atlas at the Branham Dance Center, San Jose 95136

Corner of Almaden Expressway on Branham Lane; behind Jack-in-the-Box

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 abhay@salukhe.org