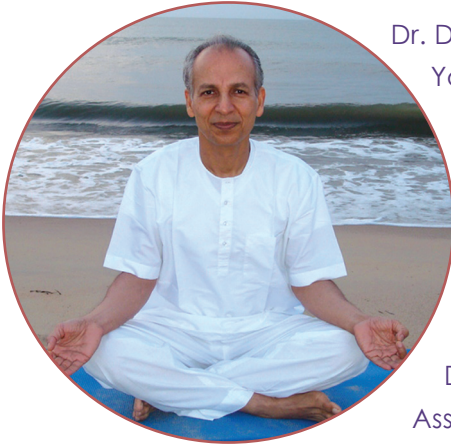


Yoga Therapy Class with Dr. Dilip Sarkar

Saturdays at 9:30AM

Check our website for actual dates



Dr. Dilip Sarkar leads our Saturday Ayur-Yoga class. These classes consists of postures, pranayama, meditation and mantras as well as discussions about how these practices help with western dianosed ailments and diseases.

Dilip Sarkar, MD, FACS, CAP

Associate Professor of Surgery (Retired),

Eastern Virginia Medical School, Norfolk, VA

Fellow, American Association of Integrative Medicine (AAIM) President, Board of Directors, Hampton Roads region of the American Heart Association, Chairman of AHA's Mission Committee and My Life Check International Association of Yoga Therapists (IAYT) Chairman of Board, Life in Yoga Institute Member, Virginia Governor's Asian Advisory Board Chairman, School of Integrative Medicine, Taksha University, Hampton, VA.

Cost: ♥ Suggested Donation for Teaching: \$10-20.

No one will be turned away for lack of funds.

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sattvic space