

[\*\*Yoga for total health\*\*](#)

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yoga shala

vaayu *yoga* *shala*

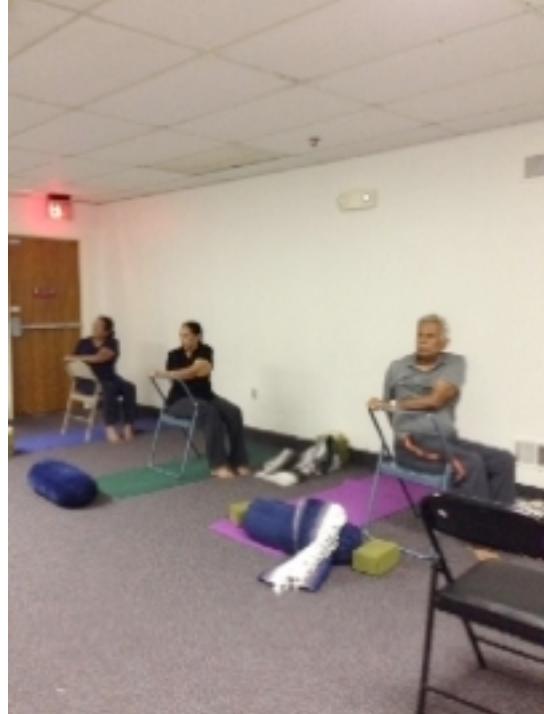
Vaayu Yoga Shala presents the finest quality of yoga in its purest form.

[www.vaayuyogashala.com](http://www.vaayuyogashala.com)

**Welcome to**  
**Fall 2014 Session:September 4 - December 14**

**Rejuvinate the body and calm the mind with yoga !**

**Customized private, semi-private and group lessons for all ages.**



**Yoga News**

B K S Iyengar admitted to hospital

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**Up coming workshop**  
**Pranayama (Yogic breathing) and Meditation -**

B K S Iyengar admitted to hospital stable and conscious and was being treated for lessness and low blood pressure.

Wishes are in all of our thoughts and prayers.

- VYS

### Sarvangasana ( Shoulder stand)

BKS Iyengar has said that Sarvangasana is an asana. " As a mother strives for the harmony in the home, so this asana strives for the health of the human system. It is a panacea for all. It is one of the greatest boons conferred on humanity by our ancient sages."



on Monadnock, NH. in Salamba Sarvangasana.

### Up coming workshop

#### Pranayama (Yogic breathing) and Meditation -

Let the breath be a bridge between body and spirit, a doorway to the present.

Breath training and techniques to practice meditation

Friday, November 7th, 2014:

6:00 - 7:30 P.M.

\$25

For more details please visit:

<http://vaayuyogashala.com/yoga-workshop/>

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#### Fall session 2014

**Yoga for children (10 - 14 years). intermediate level, \$132,**

**12 classes**

**Sundays: 9:00 - 9:45 A.M.,**

**Yoga for Teens (15 - 19) new class, \$144, 12 classes**

**Sundays: 10:00 - 10:50 A.M.**

**Yoga for children (8 - 14 years), Beginners, \$120, 12 classes**

**Mondays: 6:30 - 7:00 P.M.**

#### **Yoga for Adults**

##### **Tuesdays:**

**10:00 - 11:00 A.M. Beginner/L1,  
\$168, 14 classes**

**7:00 - 8:00 P.M. Beginner,  
\$168, 14 classes**

##### **Wednesdays:**

**12:00 - 1:00 P.M., Beginner/L1,  
\$168, 14 classes**

##### **Thursdays:**

**9:15 - 10:15 A.M. All levels,  
\$144, 12 classes**

**7:00 - 8:00 P.M., All levels,  
\$144, 12 classes**

##### **Saturdays:**

**8:30 - 9:30 A.M. LII, \$168, 14 classes**

**10:00 - 11:00 A.M., Beginner, \$168, 14 classes**

**\$340, pass (unlimited classes)**

**\$264, 24 classes pass**

**Pass expiration date: 12/22/2014**

**\$15 drop-in**

**For class schedules please**

**visit: <http://vaayuyogashala.com/class-schedules/>**

**Class size is limited, register early.**

**To register for workshop and/or classes**

**email: [vaayuyogashala@gmail.com](mailto:vaayuyogashala@gmail.com) or call: 508-471-6825**

**and**

**mail a check to Vaayu Yoga Shala, 222, Suite 1A,  
Turnpike Road, Westborough, MA 01581**

***Yoga mat and props will be provided.***

***Please arrive 5 minutes early to the class, wear comfortable clothing and bring your own yoga mat. Props will be provided.***



Sarvangasana (with props in VYS)

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**Private and semi private therapeutic sessions are offered for the following health conditions: Headaches, Anxiety, Depression, Back care rehabilitation, Shoulders and knee issues.**

**For more information call:  
508 - 471- 6825**  
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#### Interesting Articles

[Engaging yoga for adolescents](#)

[adults with irritable bowel syndrome.](#)

[, Seidman LC, Sternlieb B, Zeltzer LK, Tsao JC.](#)

that a brief IY intervention is a feasible and treatment for young people with IBS, leading to improvement of IBS-specific and general functioning in domains for YA.

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[Taking yoga on a hike](#)

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By SUSAN STELLIN

AT first glance, the concept of “hiking [yoga](#)” seems like an odd entry in the growing list of hybrid yoga classes, which mix downward dog and tree pose with everything from kickboxing to Pilates and ballet.

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