

[Yoga for total health](#)

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

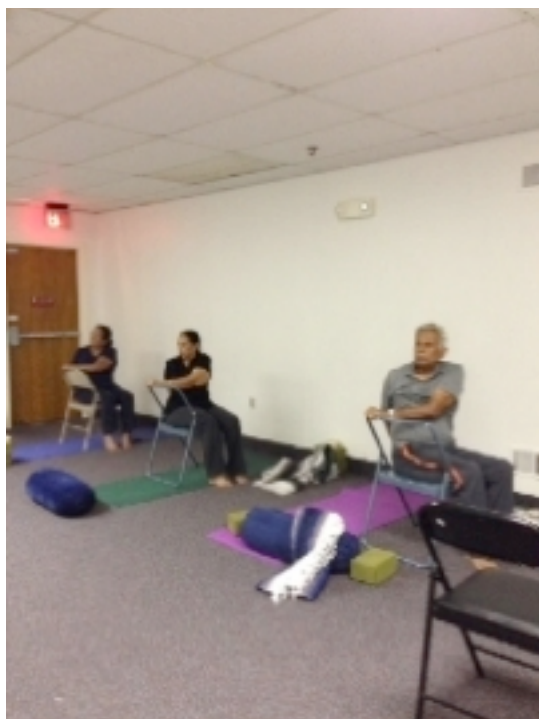
Welcome to
Fall 2014 Session: September 4 - December 14

Rejuvenate the body and calm the mind with yoga !
Customized private, semi-private and group lessons for all ages.



Yoga News

[a B K S Iyengar admitted to hospital](#)



Up coming workshop
Pranavama (Yonic breathing) and Meditation -

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

ily are in all of our thoughts and prayers.
- VYS

Sarvangasana (Shoulder stand)

BKS Iyengar has said that Sarvangasana is
anas. " As a mother strives for the harmony
n the home, so this asana strives for the
ess of the human system. It is a panacea for
nts. It is one of the greatest boons conferred
manity by our ancient sages."



onadnock, 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/>

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 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)

**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

Interesting Articles

[Younger yoga for adolescents
adults with irritable bowel syndrome.](#)
, [Seidman LC](#), [Sternlieb B](#), [Zeltzer LK](#), [Tsao
JC](#).

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

[Taking yoga on a hike](#)

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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