

Patanjali Yogpeeth (USA) Trust's
Self Development &
Assistant YOG TEACHER Training - Level I
Houston, TX Metropolitan Area

Arya Samaj Houston
14375 Schiller Rd.,
Houston, TX 77082

February 27, 28 & March 1, 2015
Friday 5 PM – 8 PM, Saturday 7 AM – 7 PM
& Sunday 7 AM – 3 PM



Fee = \$151-
includes 3-day
teacher training
Level 1 and
meals.

*P.P. Swami Ramdevji Maharaj-
founder of Patanjali Yogpeeth
has been spreading the
knowledge of YOG throughout
the world. This Session
integrates asanas, pranayam,
meditation, mudras, bandhas,
acupressure and self-
reflection. Training by Shekhar
Agrawal & Dr. Dilip Sarkar, Yog
Teachers Training Coordinator
for PYPT.*

To reserve seat, please call –

Indra Singhal @ 832-607-3977, e-mail: Indrasinghal@yahoo.com

Usha Bansal @ 281-859-5935, e-mail: bans030@yahoo.com

For more information on the course, please visit: www.pyptusa.org

"Good health is the birthright of all human beings" – Swami Ramdev