

Join us at the **Temple of Harmony**
3400 Earl Dr., Joliet, IL 60431



Talk and Discussion on **Gentle Integrated Yoga**

Saturday Oct 21, 2017 10:30 am - 12 pm
(Free to attend)

Demonstration of Chair Yoga and also on the mat

By
Dr. Maruti Ram (PhD)

(Retired Professor and Director of
Biomechanics research, Palmer Center
for Chiropractic Research)



Benefits of Yoga & Meditation

- ⇒ Lowers mental stress, anxiety, depression, and hypertension
- ⇒ Helps in lowering blood pressure, body weight, and blood sugar
- ⇒ Increase of mental awareness, balance mind

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