



860.732.2512 | [www.arkrish.com](http://www.arkrish.com)

### **arkrish-yog**

arkrish-yog programs are designed to serve people through Yog, after understanding their current state of mind & body. Programs are customized to meet the need of the person, irrespective of age group. Yog is a journey– a never-ending path of learning which helps us overcome our hurdles, whether they be **physical, mental, or social**. Arkrish-yog facilitates the use of yog as an effective tool to overcome our critical issues with faith and patience. Please visit <http://www.arkrish.com/> to understand more about arkrish-yog.

### **Everyone Can Participate**

People, irrespective of age & gender can participate in arkrish-yog program. arkrish-yog have both male and female yog practitioner (referred as Yogi and Yogini) to ensure optimum comfort & the best out put for the participants. Since people of all age groups and different experience levels will participate in the program, we will start from the basic fundamental Yog asanas which can be easily practiced by everyone and then we can progress comfortably to intense yoga asanas, pranayam and meditation.

### **Better Learning than Teaching**

Arkrish-yog will create a climate for learning rather than teaching. The program will facilitate **\*YOU TO LEARN\*** to the best of your capacity and gain the maximum benefit out of the program. arkrish-yog will enable you to move through sequences of yog asana, breathing followed by Q & A sessions, so that you can have steady progress in your practice day by day.

### **Let arkrish-yog Serve You**

Please call 860-730-2512 or send email to [info@arkrish.com](mailto:info@arkrish.com) or send a message at "Contact Arkrish" in home page to register for the class. If you find the session worth of it, you may donate a very nominal fees of \$40/8 classes or \$8/class, so that arkrish-yog can plan for serving larger community. Your suggestions will enable arkrish-yog to enrich the programs further. We will be taking our class at Building "B" (the rear south east building, Building "A" is Body Bliss Yoga)

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### **Is Yog another version of Yoga:**

Please visit the link to have a better understanding

[http://www.arkrish.com/index.php?option=com\\_easyfaq&task=cat&catid=56&Itemid=55](http://www.arkrish.com/index.php?option=com_easyfaq&task=cat&catid=56&Itemid=55)

### **Who is Patanjali and what is Hath Yog:**

Please visit the link to have a better understanding

[http://arkrish.com/index.php?option=com\\_content&view=article&id=115&Itemid=136](http://arkrish.com/index.php?option=com_content&view=article&id=115&Itemid=136)