



YOGA AND MEDITATION CENTER

35

YEARS OF
EXCELLENCE



SHASHI POTTATHIL

YOUR GUIDE TO CLASSICAL HATHA YOGA

For over thirty-five years, Shashi Pottathil, founder of the Yoga and Meditation Center, has been a beacon of wisdom in the world of yoga. With his profound understanding of Classical Hatha Yoga, Shashi simplifies the complexities of science and spirituality, offering you a holistic understanding of yoga's mental and physical benefits in every class.

WEEKDAYS:

Free online sessions at 6 pm (Donation basis)

WEEKENDS:

Online sessions at 10 am (Donation basis)

TEACHER'S TRAINING:

Mondays and Wednesdays at 7 pm

GROUP SESSIONS:

Tuesday: 10:30 am

Sunday: 11 am

SPECIAL PROGRAMS:

Cancer Survivors Yoga: Tuesdays at 11:30 am (Free)

Group Meditation: Sundays at 12 noon (Donation basis)

ADDITIONAL SERVICES:

Private Sessions: Available by appointment

Yoga Webinars: In-person attendance by appointment

*Unlock the transformative power of yoga with Shashi Pottathil.
Join his classes and embark on a journey of holistic well-being.*

Email or call to reserve your space: yogameditationcenter@gmail.com | 858 776 1956



www.yogaandmeditationcenter.com

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