

‘Sarathi Yoga Foundation’
and
‘Ramkabir Bhakta Samaj of Southern California’
Present

Yoga and Healthy Heart

Speakers: Dr. Kartik Thaker, MD (Cardiologist),
Bhupendra Soneji

Place: Bhakta Cultural Center,
12311 Firestone Blvd
Norwalk CA 90650
Date: Saturday – May 10, 2014
Time: 9:00 a.m. – 1:00 p.m.
Contact: ChandraShekhar Bhatt
(562) 926-4738 or csbhatt2002@yahoo.com

Please wear comfortable outfit and refrain from eating for 3 hours prior to the session.

If traveling on 5 (Santa Ana Fwy), take
Norwalk Blvd. Exit, go south; it becomes
San Antonio Dr.; Left on Firestone Blvd.;
In less than a mile,
12311 will be on your left.
If you reach construction (road closed),
you went too far.

This seminar is part of a continuing education series
presented by Sarathi Yoga Foundation, a non-profit
organization.

Donations, used to promote yogic knowledge, are
welcome and may be made to:

Sarathi Yoga Foundation
23 Prosa Irvine CA 92620



Registration required by emailing csbhatt2002@yahoo.com