

# **FREE YOGA**

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With the Revolutionary findings of **Breathing Exercise** by Swami Ramdev Effectively Control all the below mentioned problems

**Obesity, Blood Pressure, Heart Problem, Asthma, Allergies, Cholesterol, Thyroid, Skin Diseases, Sleep Problems, Migraine, Stress, Depression, Arthritis, Digestion Problem etc....**

**Come and experience the Difference.....**

**Every Monday – Friday, 6- 7 AM (From Jun 7th)**

Field 4, O'Fallon Sports Park (on Hgwy K, near Golf Course and RSC), O'Fallon

**Every Saturday, 8– 9.30 AM (From Jun 5th)**

Shed near Tennis Court in Spring Orchard Sub-division  
(1239 COLD SPRING DR O Fallon, MO 63368)

*Notes:* 1. Bring your own yoga **mat/sheet**. 2. Please come *empty stomach* 3. Weekday Class will be canceled without prior notification if rain is there. 4. The session can be joined any day; the instructions will be repeated for newcomers.

For details contact Sunil Sharma – [sunilsh\\_19@yahoo.co.in](mailto:sunilsh_19@yahoo.co.in) , 636 634 6861

For more information about Yoga please visit [www.pyptusa.org](http://www.pyptusa.org)

*(Session is FREE but any Donation is welcome to support the endeavor)*