

# Make Health Part of Your Life

Free Yoga ..... Free Yoga ..... Free Yoga  
Health Happiness Harmony

*Kick off your shoes, loosen your clothing, and spread out your mat  
Experience is about to begin!*

**Yoga** creates...

...balance in nervous and endocrine system...

...which directly influences all other systems and organs of the body.

join a Health Wellness class with

## Yoga for Life

Breathe IN--Breathe OUT

## Sudhir "Yogi" Verma

Experienced Registered Yoga Teacher (E-RYT) E500 T500 (Yoga Alliance, USA)  
Teachers Training Certificate (India)

at

Smoky Hill Library | 5430 S. Biscay Circle, Centennial, CO 80015  
9:00 - 10:00 AM

### Month

November

December

### Saturday

23, 30

7, 21

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For more information on **Healthy Living** – individual or group classes, contact **Sudhir 'YOGI' Verma:**  
[real.tor@hotmail.com](mailto:real.tor@hotmail.com) or **720-323-7799**

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### Do's and Don'ts:

- ✓ Be poised and relaxed.
- ✓ Yoga should be done on empty stomach or at least three to four hours after food; with a cup of milk or tea/coffee; an interval of one hour should be maintained.
- ✓ Need a blanket/sheet/yoga mat for practicing.
- ✓ Wear comfortable exercise clothing.
- ✓ In case you suffer from chronic illness, bring a permission slip from your doctor.
- ✓ Sign a Waiver.

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Yogi's Healthy Profile on back → → → → →

# Yogi's Healthy Profile

The science of yoga is an ancient and sacred system for the realization of the true Self.

**Sudhir "Yogi" Verma**, learned under the direct guidance of Swami Dharendra Brahmachari and obtained a **Teachers Training** certification in Yoga from Aparna Ashram, Mantalai, India. He also has **E-RYT, RYT E500 T500** (Experienced Registered Yoga Teacher, certified by **Yoga Alliance, USA**). Yogi is also member of **The International Association of Yoga Therapists**. Under his guidance and directions, the Yoga for Life program has become one of the most comprehensive and in depth learning program. Yogi realized that given the will, the opportunity, and the proper support, an individual can choose his/her own destiny eventually leading a 3H life (happy, healthy and Harmony).

**Yogi** has taught at various centers over past 30 years and at present he is teaching at: Anschutz Medical Health and Wellness Center; 24 Hour Fitness and at the Smoky Hill Library as service to the community. He has also taught at the Aurora Mental Health and Arapahoe Correction Center.

**Yogi** has a Business degree from University of Delhi, India. Has also attended and learned as a student from various yoga ashrams (centers), as **Kaivalyadhama Yoga Institute**, Lonavala, India, **Maharishi Center of Transcendental Meditation, India** and **Vishwayatan /Aparna Yoga Ashram, India**. Main focus is on practical and therapeutic implementation of Yoga leading to better health.

In the **Yoga for Life** you will learn **Hatha Yoga**, alignment to each asana (posture) correctly and safely. You will explore the transformative power of moving with the **Postures, Pranayama (breathing), Meditation, Micro Yogic Exercises, Energy** and **Laughing** techniques to heal the body, mind, emotions and soul.

The program combines the best of the yoga tradition from the East and West; it offers both the most up-to-date combination of many Yoga disciplines and the teaching of an ancient lineage that has been transmitted uninterrupted from teacher to student over thousands of years.

At **Yoga for Life** the philosophy of yoga is not a dogmatic or austere way of life, but a choice made by each individual. Learning is in a joyful and caring environment.

**Sudhir** is always looking to empower the community, wherever he has lived. He has been appointed as **United Nations Colorado State Chair 2011, 2012 and 2013** by the Hon. Governor John Hickenlooper of Colorado. He is member of the Governor Hickenlooper's and Congressman Ed Perlmutter's Asian Advisory council. He is recipient of National Excellence Award for his **Leadership and Community Participation** from the Indian American Friendship Council at their event in the Capitol building in Washington DC and was given **Community Service** award by the Denver University, Colorado.