



JVB Preksha Meditation Center, Houston



In the spirit of President Obama's Active Lifestyle Challenge and "United We Serve – Let's Read, Let's Move" initiative

In conjunction with
Hindu America Seva Charities
presents



A free yoga workshop for youth & adults, an open house,
with an introduction of yoga's traditional concepts

Saturday August 28th, 2010
9 AM - 1030 AM

at the Preksha Dhyam 'Pyramid' Hall, JVB Preksha Meditation Center

For complete program details visit www.jvbhouston.org

JVB Preksha Meditation Center, 14102 Schiller Rd. Houston, TX 77082 281.596.9642