



# Hindu Institute of Learning

2411 Dundas St. West. (Near Subway)

## THREE NEW YOGA CLASSES

by

**Shrimati Susmita Vaidya**

'Bal Sadhana'

*for Young Children*

'Yoga Pravesh'

*for Healthy Adults*

'Yoga Sanjeevan'

*for Seniors suffering from ailments*

Our Yoga Teacher, Susmita Vaidya, is teaching for last three years. She is a disciple of 'Yogacharya' Vishwasrao Mandlik, vice-chancellor of Yoga Vidya Gurukul, Nasik, India. She is also closely associated with Mr. Pattabhiram, the founder of Sadhana Sangama Trust, Bangalore, India, who is direct disciple of Swami Rama of Himalayan Yoga School. She has been practicing yoga since last 12 years.

The classes are starting immediately.  
Online and Phone in registration is available.



PLEASE CALL  
**416-532-6262**

PLEASE VISIT

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