



SwaYoga brings you two powerful physical Yoga practices as taught by Sadhguru Jaggi Vasudev of Isha School of Hata Yoga.

## UPAYOGA

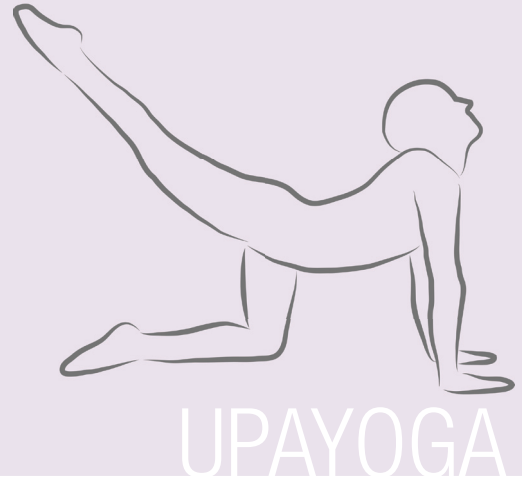
Upayoga is a simple yet powerful system of exercise that activates the joints, muscles and energy system.

Upayoga has several benefits:

- Relieves physical stress and pain
- Exercises the joints and muscles
- Rejuvenates the body after periods of inactivity
- Negates the effects of jetlag and long travel

**Date & Time:**

**Four hour class taught on Friday, the 27th Sept 6-8 PM,  
Saturday, the 28th Sept. 7-9 AM**



UPAYOGA

## SURYAKRIYA

Surya Kriya is a potent yogic practice of tremendous antiquity designed as a holistic practice for health, wellness, and complete inner wellbeing. Traditionally available only to select groups of yogis, Surya Kriya is being offered by Sadhguru as a comprehensive spiritual practice that is ideal for the hectic pace of today's world.

Surya Kriya includes several aspects that enrich one's life:

- Develops mental clarity and focus
- Remedies weak constitutions
- Boosts vigor and vitality
- Balances hormonal levels in the body
- Prepares one for deeper states of meditation

**Date & Time:**

**Eight hour class taught on Saturday, the 28th Sept 4-8 PM,  
Sunday, the 29th Sept. 7-11 AM**



SURYAKRIYA

**For registration and more details please call:**

**732 318 5765 Or E-Mail:**

**[SwaYoga.IshaHataYoga@gmail.com](mailto:SwaYoga.IshaHataYoga@gmail.com)**

**SwaYoga**  
Journey Inwards

Venue: India Cultural Center and Temple of Memphis,  
12005 Highway 64, Eads, TN 38028