

The Shraddha Yogic Lifestyle Education Trust
and “Choices” Healthy Living Action Activity Support Group,
provided by Methodist City Action. 2009.

Methodist City Action invited the Shraddha Yogic Lifestyle Education Trust to come and teach us about yoga.



Following Swami Satyananda’s teachings the woman that came to teach us was excellent.

Our friend Kushani enjoyed the stretching and sitting postures.

Every one enjoyed the experience and we hope to have another one of the Swami Satyananda’s teachers to visit us again next year.