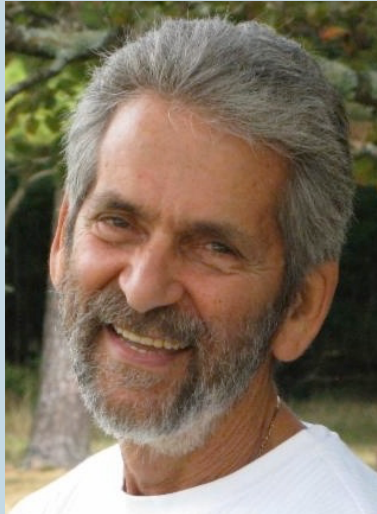


# ***Kriyas, Mudras and Bandhas***

Little Known Yogic Practices  
that can make a huge difference in how you feel.



*Join Margabandhu as he enlightens us in how to use these practices to bring our hatha yoga benefits to higher and deeper level!*

***Saturday, April 14 1-3 pm***  
***\$20.00 Suggested Donation***

*Please Pre-Register by Calling 201-796-7585  
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