

# ***RAJA YOGA Course***

**Your Mind driving you crazy?**

Your thoughts seem often negative and unwanted?

*Your relationships at home & at work are being challenged?*

What's the common denominator here?

**“YOUR”**

When we own a car, we usually take care it.

Keep it clean. Keep it running smoothly.

If we don't, we start to have problems!

## **SAME WITH OUR MINDS!**

Learn the Yogic techniques to take control of your mind and take care of it well rather than allow your mind to control you.

The Yoga Sutras of Patanjali

may be thousands of years old

But they have passed the test of time!

They still provide nourishment and guidance even today!



**Rev. Premajyothi**

## **Join me!**

Saturdays,

November 4, 18, December 2, 9

1:30 - 3:30pm

**CALL NOW TO REGISTER! 201-796-7585**