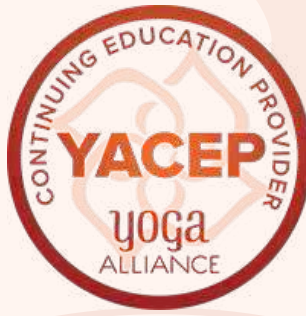




# ORIENTATION MANUAL 100Hrs



**Rishikesh, Tapovan, India**



[www.hariomyogavidyaschool.com](http://www.hariomyogavidyaschool.com)



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## Greetings

Namaste friend!!!

Greetings from Hari Om Yoga Vidya Family

'Thank you so much for showing interest in our school, We are very honored and excited to have you join our Hari Om Yoga Family in the Yoga Capital of the World - Rishikesh India. Here you will have the opportunity to learn and share from our Yoga masters and your fellow students in our small and family-like Yoga School.

We know that life is not just living, but living in joy, living happily. So one has to find the ways to attain happiness. For this, we have to understand what is happiness in real sense? Happiness is a state of being perfect harmony of body, mind and spirit which is also known as holistic health. For this, 'yoga is the most practical, effective and appropriate discipline. It can guarantee us the holistic health and happiness in the present stressful modern modern life. It can keep us happy and healthy. It gives us strength, vigour and stamina to make us healthy. Yoga is not only for sadhus or recluses rather it is also important for students, teachers, normal walk of people, etc. who want to live in peace and happiness in present turbulent world. We must understand the concept of yoga first.

You are most welcome to join with us, We will be waiting for 'you with our arms wide open!

Sending much Love and Respect. With thanks

**Namaste!!!**

Pramod Sahoo(YTTC-Director)

Hari Om Yoga Vidya School

'Tapovan, Rishikesh, India





# OUR SCHOOL

**We believe in a world where each individual is at peace and living cheerfully**

Hari Om Yoga Vidya School has been established as one of the best yoga, school in Rishikesh for many years. We offer you deep spiritual experience with expert yogis as your instructor. We always focus on conducting small, and familiar class settings for providing individual and customized attention to all students.

We strive to create a clean atmosphere to have a good bond between students, teachers, and the whole team, Hari Om Yoga Vidya School is highly renowned for the quality of teachers, several facilities, and a loving and supportive class style. Our yoga school has crafted courses most exclusively and uniquely, allowing you to be a motivated yoga teacher. The pathway of Yoga is highly immersed in tradition and is evolving and taming spiritual mindfulness and consciousness among the millennial aspirants. Hari Om Yoga School is a guiding light that illuminates your path while shaping practices in the World of Yoga.



# WHY HARIOM YOGA VIDYA SCHOOL IS UNIQUE?

## Here are a few points that will clearly explain

- ✿ We are involved in the ancient style of Himalayan Yoga and use traditional teaching methods, where each and every student gets personalized care and attention.
- ✿ Moreover, we have small batches which have 10 students and a maximum of 15 students. In this small group, you can ask your doubts to your teachers and also clear your doubts without feeling neglected. The teacher can also observe one and all.
- ✿ We have the most well-experienced teachers in our school for different subjects like anatomy, physiology, philosophy, asanas, mudras, and so on.
- ✿ The best part about our school is the location in the heart of Rishikesh. Our school is located far away from the busy town center, and is also close to good cafes and restaurants near the river Ganga.
- ✿ Our school is located amidst lush green forests, mighty rivers, and mountainous peaks. So, you can soak in the nature as you practice this art and science.
- ✿ Although we have a spacious hall to teach yoga, we often take our students for short excursions to the banks of the Ganga, or the nearby forests. You can practice yoga in a tranquil atmosphere.
- ✿ You will be amazed to know that we are the first Yoga school in Rishikesh to develop the emotional purification process through Fire Ceremony and conduct it on the 1st day of Yoga Teacher Training Course In Rishikesh.



# SHOULD I DO IT?



Should dive into a Yoga Teacher Training in India is a question that might be around your head for a couple of days or even months by now. We don't have an answer but here are some points that have helped others make their minds.

## Practice level



Our course is designed for beginner and intermediate students. It is perfectly fine if you can't do advanced postures for are new to Yoga. Yoga is 'much more than asanas! What is vital is your curiosity and desire to explore the Yogic way

## About Teaching



If you are planning to become a teacher great if not it is perfectly fine. So why learn to teach? Because teaching is the best way to learn!

## Yoga Style



You know what your favorites yoga style is? Go for it. you haven't figured it out, 'We recommend this course that mixes Hatha Yoga and Ashtanga Vinyasa and covers 'many aspects such as 'meditation, Philosophy and more!

## Transformation



You should be eager to change. Transformation will happen in many dimensions: internally, spiritually, professionally and even with your relationships. After this period, you will encounter with a new version of you. It is never too late to change.

## Our favourites The falling



'Sometimes we can't point 'out the exact reason of why, but we feel it inside us. plain and simple: you just know if this is the case don't hesitate and come by. we are waiting for you.





# VARIOUS COURSES AND RETREATS

Apart from the main courses like the **100 Hours, 200 Hours and 300 Hours** yoga courses, we have some allied courses that are short term as well. You can learn about Yoga Retreat as **3 Days, 6 Days & 10 Days** as separate short course as well, We will also take you on yoga excursions as a part of the program. The overall course structure revolves around: Hatha Yoga Asana, Ashtanga Vinayasa Kundilini Yoga Practice, Pranayama, Mudras, Bandha, Satkarma, Meditation, Mantra Chanting, Yoga Nidra, Yoga Philosophy, Adjustment & Alignment of Asana, Yoga Anatomy, 'Teaching Methodology,. After the successful completion of the course, you can register 'on the Yoga Alliance website to teach worldwide as **Certified Yoga Teacher**

# HIGHLIGHTS OF THE TEACHING SUBJECTS



## 100Hrs curriculum

- ✿ Mantra (Mantra Chanting)-Om chanting, Guru Mantras, Meal prayers, Gayatri Mantra, Hatha Yoga Mantra, Astanga Vinyas Mantra, Surjya Namaskara Mantra, Shanti Mantra, and more. Satkriya (Cleaning) Jala Neti, Sutra Neti, Kunjala and Trataka > Asana (Classical Postures) Traditional Hatha Yoga the way of
- ✿ Teaching by following 6 steps-1.Centering, 2. Entering, 3.Refining, 4.Holding, 5. Come out, 6. Reflection, Surya Namaskar (Sun Salutations), Modifications, Postural alignment, Avoid Common injuries, Counter Pose, Contraindications, and Benefits Astanga Vinyas flow Dristi, Bandha, Surjya Namaskara A,
- ✿ Suriya Namaskara B, Standing Series, Siting Series, Finishing Series,. Kundalini Yoga-Theory & Kriyas
- ✿ Pranayam (Expansion of Vital Energy), Introduction, Benefits,
- ✿ Pranayam sitting postures, Basic breathing methods, Types of Pranayam - Nadi Shodhana pranayama (with 1:1 and 1:2 with inhalation: exhalation), Ujjayee, Kapalabhati Kriya, Bhastrika, Shitali and Shitkari, Brahmari, Anuloma Viloma, Suryabedhi Pranayama, Guidelines for Pranayam.Bandhas Jalandhara Bandha (Chin lock), Uddiyana Bandha
- ✿ (Abdominal Lock), and Moola Bandha (Perineal lock). Mudras Jnana Mudra,Chin Mudra, Dyan Mudra and more.
- ✿ life, Sitting positions for Meditation, 2mn Meditations or short meditations are effective, So Hum Meditation, 16steps of Basic Meditation, Regular practice of basic Meditation and Mantra Japa. Yoga Philosophy General Introduction: Six School of Indian
- ✿ Philosophy, Patanjali Yoga Sutras, Hatha Yoga Pradipika, Sankhya, Bhagavata Gita, SKosha, 5Prana Ethics & Yogic Teachings In Modern Living Teaching Methodology & Homework Lesson Plan,
- ✿ Assignments, Practice Teaching, Feed Back, Group discussion, Question & Answer, Home Work.





# HIGHLIGHTS OF YOUR

## JOURNEY INCLUDED IN OUR PROGRAM

- ✿ Fire Carmony (Hawan) as Inauguration Program
- ✿ 12 days of intense Yoga Classes
- ✿ 7Hrs to 8Hrs classes Every day
- ✿ 14 Days of accommodation
- ✿ Course duration-2nd-arrival- to 15th-the departure of each month
- ✿ 3 delicious vegetarian meals per day
- ✿ Accommodation with Garden
- ✿ Room with private bathroom
- ✿ 100-Hours RYT Yoga Alliance Certification
- ✿ Yoga mat and props and other Yoga Equipment
- ✿ Studying Materials
- ✿ Himalayan excursion and local excursion of Rishikesh
- ✿ Cultural Program in the closing ceremony
- ✿ Tons of love!





# OUR COURSE

For 2 weeks you will discover the true way of the ancient art of Yoga with passionate teachers in a warm and cozy Yoga School, along with like minded seekers of spiritual growth. This course is designed to provide a thorough experience on Yoga through a mix of

**Traditional Hatha Yoga , Ashtanga Vinyasa, Kundilini Yoga, Pranayama, Mudras, Bandha, Satkarma, Meditation, Mantra Chanting, Yoga Nidra, Yoga Philosophy, Adjustment & Alignment of Asana, Yoga Anatomy, and Teaching Methodology.**





# A GLIMPSE ON HATHA YOGA

The syllable 'ha' stands for the vital force that governs the physical body and 'tha' denotes the mental force. In other words, Hatha Yoga can be defined as the Yoga of the Body and Mind Purification. Specially in the West, Hatha Yoga has been commonly understood as just a set of different asanas and it is deeply associated only in the physical way. Nevertheless, Hatha Yoga in its true form contemplates this union with the body and mind through asanas, purification techniques, pranayama, Mudras, Bandhas and meditation. Our classes focus on developing deep meditative states with the aid of different asanas and other techniques to attain a higher state of awareness.





# A GLIMPSE ON ASHTANGA VINYASA YOGA

Ashtanga Vinyasa is an ancient system of Hatha Yoga that unfolds in a highly structured class where the asanas flow in sequence. Asanas are performed in a specific order, whereby each pose prepares the body for the next. The different movements demand a high degree of effort, focus and concentration that generates an internal heat that cleanses and purifies mind and soul bringing clarity to the mind. The system has 3 series. We focus on the primary series always with an instructor to lead you finally to your own practice.







# WEEKLY BREAKDOWN





# WEEK 1: FOUNDATION

The first week is the most difficult of all as your mind and body experience an abrupt change. It is also the most exciting as the Yoga universe is displayed in its true form for the first time to many. This week is all about learning the basics of each discipline.

## **By the end of the week:**

You will discover the art of meditative asanas. Ashtanga Vinyasa rhythm is sticking to you. You already feeling the sun salutation A and B..You will learn the basics of Yoga Philosophy. Simple breathing and relaxation techniques are becoming handy. You start to understand what you got yourself into.



# WEEK 2: FEELING IT



After an intense week, your body is getting used to the course. The practice will grow, and you will start to feel more confident. It will be time to realize what you have learned.

## **By the end of the week:**

You will experience teaching individual asanas to your classmates.

Sun salutations move swiftly as well as the standing series, 20 asanas have been discovered. An increase in awareness is clear as you progress in meditation. You will learn about Yoga Sutras and Hatha Yoga Pradipika.

You have probably slept at least once during the relaxation classes, Your fellow classmates and teachers will start look strangely familiar.





# HOW YOUR DAY WILL LOOK LIKE?



**07:00 AM-08:30 AM**  
Traditional Hatha Yoga  
& Alignments



**09:30 AM-10:00 AM**  
Breakfast Time !



**10:00 AM-11:00 AM**  
Kundalini Yoga



**11:30 PM -13:00 PM**  
Meditation, Pranayama,  
Mudra, Bandha, & Satkarma



**13:00 PM-14:00 PM**  
Delicious Indian lunch



**14:30 PM-15:30 PM**  
Yoga Philosophy



**16:00 PM-17:00 PM**  
Yoga Anatomy



**17:30 PM-19:00 PM**  
Ashtanga Vinyasa  
& Alignments



**19:00 PM**  
Enjoy your dinner,  
study & rest

**Every class is vital for you to grow and learn about yoga.** Following the whole schedule helps you in learning so much. The daily schedule has been set for students and you have to follow it strictly. Attending all classes is mandatory.







# EXCURSION

We strongly have faith in the whole development of a person at the time of our yoga teacher training course. Monthly excursions make a vital part of our whole yoga teacher training course curriculum. Every month last week we take out students to neighbouring spiritual and natural places as Kunjapuri Temple or Balkumari Temple or Nikantheswar Temple to assist in growing the real sense of a person.





# SCHOOL RULES AND REGULATIONS

**The following has to be followed by every student:**

- ❁ In the spirit of Non-violence, Non-veg as meat, fish, eggs, and also alcohol and smoking are strictly prohibited inside the school campus.
- ❁ If you plan to have meals outside, inform the kitchen Manager 3 hours beforehand.
- ❁ You need to wash your dishes after your meal.
- ❁ Always arrive on time, and if you are late, you can inform beforehand. Otherwise, you will not be permitted to join the class.
- ❁ Before departure, remember to return all the school's properties that you borrowed; like books, maps etc.
- ❁ Any friends or relatives will not be included in accommodation. If anybody is coming with you, please inform the school earlier. The accommodation is chargeable.
- ❁ Students must attend all scheduled classes and events of the Ashram for successful completion of their chosen course.



# OUR TEACHERS



**Yogi  
Pramod Sahoo**  
(ERYT500)



**Yogi Kusagra**  
(Kundalini)



**Yogi  
Lakhi Ram**  
(Meditation  
& Pranayama)



**Yogi Devendra**  
(Ashtanga Vinyasa)



**Ankit Ranakoti**  
(Hatha Yoga)



**Yogini Pooja**  
(Himalayan Yoga)



**Yogi Abhishek Negi**  
(Ashtanga  
Vinayasa Advance)



**Yogi Rohit Singh Rana**  
(Ashtanga Vinyasa)



**Kalpendra Chauhan Ji**  
(Yoga, spirituality)





# HOW TO REACH FROM DELHI TO RISHIKESH?



The distance from **Delhi to Rishikesh is 250 KM**, and it generally takes 6 hours. However, the traffic, time and festival celebrations on the road can lead to delays. The three main methods of transportation to travel from Delhi to Rishikesh are car, bus or flight. Hiring a private car hire from Delhi to Rishikesh is the easiest option for the yoga tourists, as the bus and train journey can be more complicated.

## Via Flight



You can also book a flight from Delhi airport to Dehradun airport which is called Jolly Grant Airport. The price of that ticket ranges depending on when you book it, but it's usually around USD \$40 to 60. The taxi from the airport to Laxman Jhula, Paidal Marg, Tapovan is around USD \$20.

## Via Train



The nearest station is Yog Nagri Rishikesh is in Rishikesh which is approximately 3-4 kilometres away from tapovan.

It is linked to major Indian cities such as Delhi, Mumbai, Kolkata, Lucknow and Varanasi. The fastest train to Rishikesh from New Delhi is 19609 UDZYNRK EXP. From New Delhi, the train takes 7hr 12min hours to reach Rishikesh.

The train starts at 02:25:00 from New Delhi NDLS and reaches Rishikesh Railway Station at 09:37:00. 19609 Udz Ynrk Exp operates on Tues, Fri, Sun. The last train to reach Rishikesh from New Delhi is 14041 MUSSOORIE EXP. From New Delhi, the last train takes 8hr 38min hours to reach Rishikesh.

The last train starts at 22:25:00 from New Delhi NDLS and reaches Rishikesh RWL at 07:03:00. It operates on Mon, Tues, Wed, Thur, Fri, Sat, Sun.





## Via Bus



Depending on the time of the day, your flight arrives in Delhi, you can also avail yourself of the Volvo buses. They will transfer you from Delhi to Rishikesh. However, they stop running after 9 PM at night. If your flight arrives in Delhi around evening, you will have to stay at a hotel for the night as it can be unsafe to travel alone at night. Wait till morning to board the interstate bus. From the airport, you can get a prepaid taxi to take you to Delhi bus depot. Visit the government approved taxi stand located outside the airport exit. The price from the Delhi airport to Delhi Interstate bus depot is around INR 500-600. Once you arrive at Delhi Interstate bus depot, head to the bus station's ticket counter, which is on the second level. Go to the Uttarakhand State bus booth and ask when the next Volvo bus leaves for Rishikesh. The bus ticket should cost between INR 500-700.

**We Recommend Below Official Govt. Website for the Bus Tickets Booking if you are Planning to Come Via Bus From Delhi to Rishikesh.**

**<https://www.utconline.uk.gov.in/Home.aspx>**

## Via Private Car



A private car will cost 95 USD from Delhi to Rishikesh. You have the opportunity to meet the other students from your yoga teacher training group, and arrange a shared private car in order to keep the cost low.





# CLOTHING THAT YOU SHOULD WEARS

Indians have different cultural traditions, which is different from western culture. Those cultural norms extend to clothing and styles of attire. So, you need to respect that. India is quite a conservative country when it comes to clothing. Women rarely show their legs in shorts, skirts or their torso in shoulder-less tops. The traditional ways of dressing is still widely used for both men and women. Although the Laxman Jhula and Ram Jhula are parts of Rishikesh that are aware of western culture, but you should dress according to the place you are visiting. For yoga classes, bring clothing that is both comfortable and weather appropriate. You should mostly carry light clothes that suit the tropical weather in India. Moreover, the colour should be light. White, grey, and beige are quite suitable as yoga attire. Comfortable, casual and less revealing clothing is recommended. Tight clothing is also inappropriate. Ladies will have to take care to not wear halter or thin strapped tops, mini-skirts or shorts. Men will take care to wear a shirt outside of their room. Shoes are removed to enter the Yoga Hall, dining hall, etc. so you may want to have a pair of shoes that are easy to take on and off.

## WHAT TO BRING?

Most of the general items you will need during your stay in India can be easily found in the nearby shops in the town centre. However, you should carry your personal items like comb, brush, shampoo, medicines, clothes, slippers, own yoga mat, water bottle, bath robes, towels, etc. Due to the recent pandemic-stricken times, it will be wise not to share anything with other students. You should also carry your vaccine certificates. Please bring your own toiletries. You may also want to bring: an alarm clock, flash-light, hat, reusable drinking water bottle, laundry soap, medication according your need, journals.



# SHOPPING IN RISHIKESH

You will find many places in Laxman Jhula, where you can shop. If you have time during, or before the class starts, during your busy training schedule, you can shop at the town centre or bazaars. There are lots of shops selling traditional clothing like pants, shirts, shawls, sarees, and scarves. You will also find other items in the nearby markets: Candles, yoga gear, Ayurvedic items, beauty and personal care products, religious items, healthy food, light snacks and much more are available in the shops in the neighbourhood. If you have time, you can also shop a few things from Delhi while coming.



# WEATHER IN RISHIKESH

The summers are short and clear, but the winters are short, cool, and mostly clear. Over the course of the year, the temperature typically varies from 49°F - 105°F and is rarely below 45°F or above 111°F.

The hot season lasts for 2.5 months, from April 21st to July 3rd, with an average daily high temperature above 98°F. The hottest month of the year in Rishikesh is June month, with an average high of 103°F and a low of 80°F.

The winter season lasts for 2.8 months, from November 27th to February 21st, with an average daily high temperature below 78°F. The coldest month of the year in Rishikesh is January, with an average low of 50°F and high of 71°F.

The clearer part of the year in Rishikesh is around September 3rd and lasts for 10 months, ending around July 8th.

The clearest month of the year in Rishikesh is October, during which on average the sky is clear, mostly clear, or partly cloudy 94% of the time. So, you should keep the weather patterns in mind, while visiting Rishikesh. Carry clothing accordingly.







# INDIAN CULTURE

There are many aspects of Indian culture that you will be able to unearth on your travels in this country. Here are some things that you will come across on your trip to India.

- ✿ Picturesque sunrises and sunsets over the holy Ganges River.
- ✿ Watch monkeys hopping amongst the trees or on the side of the roads.
- ✿ You can see docile cows wandering around the roads and streets of villages and cities.
- ✿ There will be crowds of people wherever you go in Rishikesh.
- ✿ The holy cities like Rishikesh you have to eat vegetarian food.
- ✿ You will be drenched in color everywhere you look.





# WE LOVE RISHIKESH

## Safety in India

Rishikesh is a very safe place for tourists. Locals are used to and can communicate in English language as well. Moreover, the transport system is also very well- developed in Rishikesh. You need to take your usual safety precautions and always keep track of your belongings. Do remember not to stray away far from your ashram after sun down. The government has also taken many initiatives like police patrolling, to keep the criminals at bay. So, you can consider the place safe, as it is an important part of Indian economy.

## Vaccinations and Medical Care

You should take the necessary vaccinations, as updated by the Indian medical board from time to time. You will be intimated about the same, at the embassy or during the visa process. Apart From the regular vaccines, in view of the recent pandemic, you must take your Covid vaccines. If you fall ill, while staying in Rishikesh, we will take you to the local clinic, and then, if required, we will take you to hospital. You can decide your next course of action, after communication with the doctor.





# ACCOMMODATION

Stay at Hari Om Yoga Vidya School, and experience India in a relaxed atmosphere, with other spiritually like-minded individuals. The school is perfectly situated near the holy waters of the Ganges River & the snow-clad hills, with all the popular shops, markets and cafes just around the corner. See the glorious sunsets at the end of each day from the terrace balcony, where you are free to do meditation and yoga. Sleep soundly in a quiet place without noise and disruption. You can absorb the beautiful and breath-taking sights of the mountains that are visible from the yoga halls, bedrooms, terraces, and balconies. Amenities: You will get Wi-fi access.

You will get running hot water, 24 hours a day. You can access clean, sanitized, and western-style rooms with attached bathrooms. Access to filtered water system is available for students 24x7. We will give you bed sheets, blankets, pillows and towels. If you want, you can carry yours as well, due to the pandemic.

## Money and Currency

In India, only Indian Rupees is accepted, except at a few places. You can get the currency exchanged at the airport or from any renowned foreign exchange company in Delhi. In the markets, the shopkeepers will accept only Indian rupees. You can access ATMs in Rishikesh. Moreover, Western Money Transfer facility is also available Nearby Our School.





# INCLUSION & EXCLUSION WITH THIS COURSE

## What's Included

- \* 14 Nights Accommodation
- \* Fire ceremony
- \* Yoga Books (Hatha & Ashtanga Vinyasa)
- \* Japa Mala
- \* Meditation at evening Ganga beach
- \* Cleansing kits
- \* Himalayan sightseeing
- \* Evening Ganga Beach yoga and Kirtan
- \* Daily nutritious food
- \* Tours and trips to various temples and Ashrams
- \* Bed sheets change in 10 day
- \* Weekend outings

## What's Not Included

- \* Private room (available per request)
- \* Air conditioner (available per request)
- \* Women herbal beauty, wearing by sharing and all others with the assistance of local ladies
- \* Ayurvedic treatment and healing training
- \* Massages
- \* Fees for visa
- \* Pick up from New Delhi (available per request)







## FOOD

You will get delicious Indian vegetarian meals which will be provided thrice a day. Food is prepared under strict and high hygienic standards and served in a buffet style. You can advise us about any food allergies or specific diet requirements, that you have, and we will do our best to accommodate it. We provide pure filtered drinking water 24x7, or you can purchase bottled mineral water from the shops if you prefer. There are a number of restaurants within walking distance from the Ashram, and you are welcome to explore these options. But please notify kitchen management atleast three hours before mealtime if you will not be there for any meal.



# HOW TO BOOK THE COURSE?

Our seats fill up quickly because of small group, We Request you Secure your Spot/Seat as soon as Possible to avoid unavailability of Spot. for enrolling into our 100 Hour TTC You Just have to deposit 200 USD. rest of the course fee can be paid on arrival by cash or card only (with transaction fee).We are accepting different kind of payment methods, however, we kindly make a suggestion of paying the remaining balance by cash, or through online banking as it is the most convenient way for both of us.

**Click the Below link if you wish to Enroll**

**ENROLL NOW**





# CONTACT US

## Hariom Yoga Vidya School

**RISHIKESH, PO-TAPOVAN**

**Tahsil - NARENDRA NAGAR**

**District - TEHRI GARHWAL**

**State - UTTARAKHAND**

**Country- INDIA**

**Pin code - 249192**



[www.hariomyogavidyaschool.com](http://www.hariomyogavidyaschool.com)



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**+91 6397717494**



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[/hariomyogavidya](https://www.instagram.com/hariomyogavidya)



[/hoyogaschool](https://twitter.com/hoyogaschool)





*On the behalf of Hariom Yoga Vidya School of all the teaching  
Staffs and office staffs sending you much Love and Kindness from  
The Himalayas, Rishikesh.  
Stay Blessed*

  
Parmod Sahoo

Founder of

**Hari Om Yoga Vidya School**

