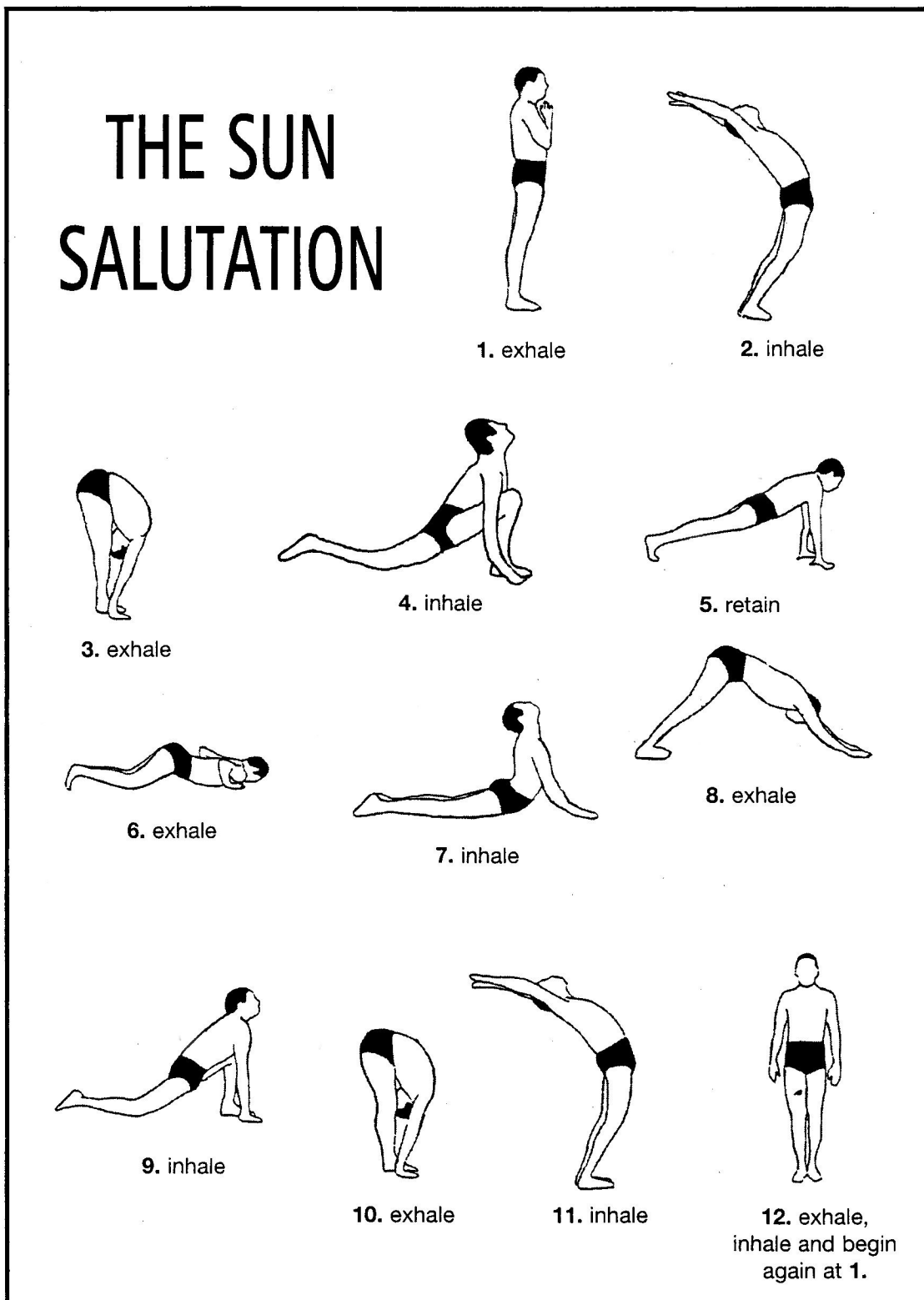


To copy and hand out to your students.



Sivananda Yoga Vedanta Centres International Headquarters

Sivananda Ashram Yoga Camp

8th Avenue, Val Morin, Quebec JOT 2R0 Canada Tel: (819) 322 3226

Fax: (819) 322 5876

email hq@sivananda.org

www.sivananda.org