



Shiva-Vishnu Temple

Om Namah Shivaya Om Namo Narayanaya

Hindu Community and Cultural Center

1232 Arrowhead Ave, Livermore, CA 94551

A Non-Profit Organization since 1977

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Web: <http://www.livermoretemple.org>

HCCC YOUNG ADULTS PRESENTS

Yoga For All By Gaurav Rastogi Ji

(Event includes Live Demo)



DATE

SUNDAY, SEPTEMBER 26th, 2021

TIME

2:00 PM – 4:00 PM

LOCATION :

In-Person and Zoom
(Link will be provided once registered)

What you can expect...

- Basic Yoga Techniques and Benefits
- Yoga for Stress Management
- Meditation for Life

FREE

To register for this event, please send email to ya_coordinator@livermoretemple.org

HCCC Young Adults Committee caters to the needs of Young Adults belonging to our community in the 18-32

[Click link to Register for the event](#)

For further information about YA committee, contact YA Chair by email to ec_young_adults@livermoretemple.org