

# Inner Wellbeing

Tuesday

Dec 13th, 2022

11:00am - 12:30pm

## North Brunswick Senior Center

15 Linwood Pl, North Brunswick Township, NJ 08902

KNOW MORE



<https://tinyurl.com/vy-transformation>

**Vihangam Yoga**

+1 646-653-4926

wellness@us.vihangamyoga.org



# The Himalayan Yogi

"Yog is about getting you integrated to reach the peak of what you could be as a life: the real essence of Yog."

- Naamdeo

**MEDITATION**

**Ancient wisdom** to solve problem of life

**Find Freedom**

Explore Life