



Madras Club

# Yoga Raksanam with DV Sridhar



Three Classes a Week  
**Monday, Wednesday and Friday**  
between 7.30am and 8.30am  
Rs. 2,800 (plus GST) a month

The purpose of yoga classes – well being of the person by unifying body, breath and mind. To work on the flexibility and strength of the body, lengthening and smoothening of breath, and calming and focussing of the mind is the goal.



*DV Sridhar is a post graduate engineer (IIT, Madras) gave up his professional career to become a full time yoga teacher since 1994. He is trained at Krishnamacharya Yoga Mandiram (KYM), Chennai and served as a Director of Yoga Studies at KYM, before starting Yoga Raksanam in 2002.*

*He is a member of the committee constituted by the Govt. Of India to draft the specifications of different levels of yoga teachers.*

*He has been teaching in Madras Club since 2005.*

To enrol, please call Ravi at Madras Club Gymnasium +919444422337

**P. B. Biswajit Babu**  
Member-in-charge, Gymnasium