



## Chicago Telugu Association

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### Chicago Telugu Association (CTA) Presents

#### Free Life Extension Seminar

Learn the Art of Yogic Breathing,  
Yoga Stretches & Meditation



### Yogic Breathing Techniques (Pranayama)

**Presenter: Anu Malhotra, Executive Director  
American Physical Therapy & Sports Medical Clinic & Pranayama Teacher**

Duration: 90 minute session (Dress comfortably and eat light!!)

- \* Pranayama consists of specific breathing techniques that enable us to generate highly oxygenated blood.
- \* Increase your positive energy and relieve day-to-day stress
- \* Improve your body's health and wellness
- \* Breathes, peace, joy and happiness

### Eight Tips for Healthy Living

**Presenter: Natalie Cornell, Founder and President  
Cornell Health and Nutrition**

Duration: 60 minute interactive workshop

The first wealth is health. Let's take charge and learn how to change our eating habits and cooking skills to improve our health and happiness.

**Date: Saturday May 30, 2009 @ 10 AM**

**Location:** Balaji Temple, 1145 Sullivan Road, Aurora, IL 60506

**Registration:** Register via email at: [events@chicagoteluguassociation.org](mailto:events@chicagoteluguassociation.org) with "Yoga Session" in subject line (please provide name, address, phone number and email address for complete registration).

\* **Please Register by May 22, 2009 to reserve space**

\* Lunch will be provided for small donation.

*Come and join us in learning how to live better and eat healthier*

**Please visit our site <http://www.chicagoteluguassociation.org/Newsandevents.html> for complete details and reserve your seat.**