



Kids Yoga

We offer yoga for positive health, special needs such as ADHD and Autism spectrum. Email us for details regarding kids classes.



Yoga for Vision

We offer Yoga for Vision Improvement and Stress Management twice a year in Pleasanton as a workshop for children's health needs on vision and stress.



Our Class Calendar

Pleasanton Area

Adult Wellness

- Tues/Thurs – 9.30am
- Thurs – 6.30pm
- Sat and Sun – 7.30am

Kids Yoga

- Tues/Thurs – 4.30pm

Prenatal Yoga –

Call: 408-341-YOGA

Email:

classes@yogabharati.org

www.yogabharati.org



Yoga Bharati

2297 Tanager Dr
Pleasanton CA 94566

Call: 408-768-4301

Main Center: 20445 Prospect Rd San
Jose CA 95129



Pleasanton Area Offerings

Yoga Therapy
Dynamic Yoga
Kids Yoga
Women's Yoga
Prenatal Yoga
Kids Special Needs Yoga

Individually Customized
Home Practice Kits
Online Sessions and Support
Private Sessions as Needed



Heyam dukham anagamam
Prevention is better than cure
-Patanjali



Yoga with a Difference

Yoga is effective, time-tested, and holistic approach to optimizing your health along with getting timely medical treatment. The comprehensive mind body approach of yoga empowers you to stay active and to lower anxiety and stress.

Yoga Bharati therapy offerings are based upon 30 years of research in yoga and its application for various diseases. Yoga helps you:

- ✚ Handle musculoskeletal pain
- ✚ Improvement in overall health
- ✚ Awareness of diet and lifestyle to keep you active and healthy
- ✚ Reduced dependancy on medications, and

- ✚ improved quality of life
- ✚ Overall sense of well-being

Acceptance with awareness is the key to happiness amidst adverse situations in life and yoga helps you with this.

Yoga Bharati in community

We conduct FREE yoga classes in temples, senior centers, blind centers, and community centers all over the Bay Area. We offer FREE yoga for patients with low income.

Yoga Bharati is a non-profit, voluntary organization spreading health, happiness, knowledge & peace through a holistic approach to Yoga. Yoga Bharati is affiliated with Swami Vivekananda Yoga Research Foundation (SVYASA)

Specialty Workshops

Ayurveda and Wellness

Ayurveda is the ancient science of healing and wellness through proper diet, lifestyle and herbs when necessary for correcting our imbalances. Ayurveda offers lifestyle modifications to adjust to changing seasons and to keep ourselves healthy throughout the year. Understanding the concepts such as basic body types, the seasons, and circadian rhythm and its influence on our doshas is the key to healthy living. Come and explore our workshops on Ayurveda.

Yoga Therapy for Ailments

We provide yoga therapy for back and neck pain, asthma and allergies, obesity, diabetes and metabolic disorders, and a host of ailments. Yoga is for everyone and for every health need. Check with us if you have specific health conditions.

Women's and Prenatal Yoga

Women have special needs such as a tool to handle stress, develop social circle or for health needs such as fertility, PCOD, postnatal, etc. Welcome to our women's classes.

Kids Yoga for Vision and Stress Management

We offer yoga module for children aged 5-13 years who have one of these following eye disorders: Refractive Errors, Short sightedness, Astigmatism, Farsightedness and Crossed/Lazy eyes.