



Paramahansa Nithyananda  
Founder of Nithya Yoga

## INTRODUCTION CLASS

TIME: 2:00-4:00 PM

DATE: Sat., February 7, 2009

LOCATION: **Namaste Yoga Center**  
**907 Clocktower Drive**  
**Springfield, IL 62704**

Call 217-698-8177 or

Email [info@namasteyoga.com](mailto:info@namasteyoga.com)

*"The silence I experienced through the beautifully synchronous Nithya Yoga classes allowed me to carry that silence into my daily activities. I finally experienced the blissful energy of my being." -S.N.*

The Ultimate Practice for Body, Mind and Being

# NITHYA YOGA

Experience your every movement becoming a meditation; every moment becoming vibrant and full of life! Nithya Yoga - going back to the roots of yoga, as originally intended by Patanjali, the Father of Yoga - is not just about adding more movements to your life. It is about adding more life to your movements.



### **Facilitator:**

Anne Gitonga is a graduate of the University of Missouri St. Louis. She has been practicing meditation since the age of 3 which evolved into her becoming an adept teacher of the transformative Life Bliss Meditation and a yoga instructor. She has completed 200 hours Nithya Yoga Teachers Training certified by the International Vedic Hindu University (IVHU) as a qualified Nithya Yogacharya (Nithya Yoga Teacher) directly taught by **Ma Nithya Maneeshananda** who is a disciple of **Paramahansa Nithyananda**.