

# Weekly Yoga & Guided Meditation Classes

(Beginner / Intermediate Levels)

Start/End: Feb 12, 2022 - April 30, 2022 (no class on March 12<sup>th</sup>)

Time: 9.30 am – 10.30 am

Cadence: Weekly (Limited to 14 students per class)

Location: Hoppin Gallery, Barney Library (71 Main Street, Farmington)



Suraj Kurtakoti has been a long time resident of Farmington town (since 2010). A lifelong Yoga and Meditation enthusiast, he was introduced to these life enhancing practices by his father at a very young age. Having personally benefitted from these, he plans to share them with the community, as a part of his commitment to bring better physical and mental health outcomes.

He lives in Unionville with his wife Dr.Sowmya Kurtakoti and two daughters (Rrutu & Megha).

In his spare time, as much as he loves to read and cook; he is passionate about skiing and riding his motorcycle.

## Yoga & Guided Mediation Class Overview

This class is suitable for anyone who is a beginner or an intermediate yoga practitioner.

### Class Structure:

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|----------------------------|-------------|
| ❖ Asanas (Yoga Positions): | 30 – 40 min |
| ❖ Guided Meditation:       | 10 – 15 min |
| ❖ Talk / Wrap Up:          | 15 – 10 min |

### Things to bring:

- ❖ Yoga Mat / Water Bottle
- ❖ Something to keep warm during Meditation ( Thin Shawl or a pull over or sweater)