



## YOGA AND MEDITATION CENTER

# 35

YEARS OF  
EXCELLENCE



## SHASHI POTTATHIL

YOUR GUIDE TO CLASSICAL HATHA YOGA

For over thirty-five years, Shashi Pottathil, founder of the Yoga and Meditation Center, has been a beacon of wisdom in the world of yoga. With his profound understanding of Classical Hatha Yoga, Shashi simplifies the complexities of science and spirituality, offering you a holistic understanding of yoga's mental and physical benefits in every class.

### WEEKDAYS:

Free online sessions at 6 pm (Donation basis)

### WEEKENDS:

Online sessions at 10 am (Donation basis)

### TEACHER'S TRAINING:

Mondays and Wednesdays at 7 pm

### GROUP SESSIONS:

**Tuesday:** 10:30 am

**Sunday:** 11 am

### SPECIAL PROGRAMS:

**Cancer Survivors Yoga:** Tuesdays at 11:30 am (Free)

**Group Meditation:** Sundays at 12 noon (Donation basis)

### ADDITIONAL SERVICES:

**Private Sessions:** Available by appointment

**Yoga Webinars:** In-person attendance by appointment

*Unlock the transformative power of yoga with Shashi Pottathil.  
Join his classes and embark on a journey of holistic well-being.*

Email or call to reserve your space: [yogameditationcenter@gmail.com](mailto:yogameditationcenter@gmail.com) | 858 776 1956



[www.yogaandmeditationcenter.com](http://www.yogaandmeditationcenter.com)

YOGA & MEDITATION CENTER, 9484 BLACK MOUNTAIN ROAD, G2 SAN DIEGO, CALIFORNIA 92126.