

తెలుగు అసెంసియేషన్ ఆఫ్ గ్రేటర్ డెలవేర్ వ్యాలీ Telugu Association of Greater Delaware Valley

Telugu Association of Greater Delaware Valley in partnership with Isha Foundation offers

Meditation for Mental Health

Saturday, Sep 12 11 AM EST

isha.us/yoga-for-tagdv

Learn simple tools to create mental balance and inner peace including Isha Kriya, a powerful meditative process for health, dynamism, and wellbeing

More info Contact

Lalitha Setty - (610)457-3169 Sujana Venkat-(610)635-9006

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