



**HATHA
YOGA**

"Whatever action you want to perform in this world, how much mastery you have over your limbs determines how well you are going to do it." – Sadhguru

ANGAMARDANA

"Angamardana" means gaining complete mastery over the limbs, organs and other parts of the body. Angamardana, a fitness system rooted in yoga, offers everyone the opportunity to invigorate the body and reach peak physical and mental health. Angamardana uses your own body weight and movement and needs no fitness equipment.

⚡ Physical Intensity: High ⌚ Practice Duration: 30+m
Open to all age 14+, no previous experience of yoga required
Designed by Sadhguru and conducted by a trained teacher

Benefits

Revitalizes the body including the muscles, blood circulation, skeletal and nervous systems
Helps in weight loss
Brings a sense of lightness and freedom in the body

Program Details

Fri May 31st, PM Session 5:00-8:30 PM

Sat Jun 1st, PM Session 5:00-8:30 PM

Sun Jun 2nd, PM Session 5:00-8:30 PM

**Midwest Conference Center (Concord Plaza)
401 W Lake St, Northlake, IL 60164**

**InnerEngineering.com/
eventfinder**

**Email: chicago@ishausa.org
Phone: (630)-233-4742**

Sadhguru is a yogi, mystic, visionary and bestselling author. For over 35 years, Sadhguru's work has transformed the lives of millions worldwide through his transformational programs.

