



YOGA AND MEDITATION CENTER  
**SHASHI YOGA**



858 776 1956

# FREE YOGA SESSIONS FOR CANCER SURVIVORS

BY SHASHI POTTATHIL

Yoga and Meditation Center is honoured to collaborate with Indo-American Art & Culture Society to provide FREE Yoga Sessions for Cancer survivors in person classes taught by Shashi Pottahil.

Yoga and Breathing exercises and Meditation It offers simple, easy remedies and techniques of health to assure physical and mental fitness with a minimum of time, effort.

**Sponsored by**  
Indo-American Art & Culture Society

For more details and scheduling the session

**Yoga and Meditation Center, San Diego, CA 92126**

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