

happiness & its causes

Himalayan Buddhist Meditation Centre

a city centre for Buddhist study and meditation, established 1982

keshar mahal marg, thamel, kathmandu

'dharma and the city' programme 2009

yoga for holistic health

monday to friday 8.30 am to 9.30 am

Although yoga includes physical exercise, it is also a lifestyle practice in which exercise is just one component. Training your mind, body, and breath, as well as connecting with your spirituality, are the main goals of yoga. This is done through the practice of *asanas* (physical postures), *pranayamas* (breathing practices), *dhyana* (meditation), and *yogic kriyas* (cleansing processes).

Dr Manoj Kumar Acharya studied his BA degree in Naturopathy and Yogic Sciences in Dharmasthala, Bangalore, South India from 2003 to 2008. He has the combined knowledge of the ancient philosophy of yoga, natural cure and modern science.

HBMC is delighted to offer this new specialised addition to our programme, come and start your day with an hour yoga session, **no advanced booking required** and enjoy one of our healthy vegetarian breakfasts from our himalayan vegetarian garden café.

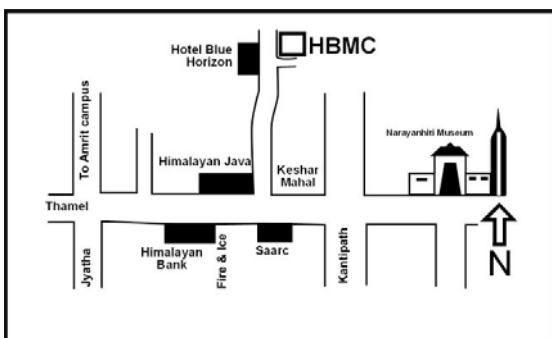
special weekend courses

- ❖ therapeutic yoga
- ❖ body detox programme

drop-in classes: Rs 300/-

special advanced priced tickets (5 and 10 days)

join the **hbmc residents yoga club**, monthly rates available



If you are interested in any of our activities, please visit us at HBMC, Keshar Mahal Marg, Thamel, Kathmandu, near the Garden of Dreams, or contact us on **4410402**.

email: hbmc.programs@gmail.com

website: www.fpmt-hbmc.org

we are open 7 days a week 8.00 am to 6.00 pm

HBMC is proudly affiliated with the FPMT international organization, devoted to the transmission of the Mahayana values worldwide through teachings, meditation and community service. www.fpmt.org