



### **Shiva-Vishnu Temple**

*Om Namah Shivaya Om Namo Narayanaya*

## Hindu Community and Cultural Center

1232 Arrowhead Ave, Livermore, CA 94551

A Non-Profit Organization since 1977

Tax ID# 94-2427126; Inc #D0821589

Tel: 925-449-6255; Fax: 925-455-0404

Web: <http://www.livermoretemple.org>

## HCCC HUMAN SERVICES PRESENTS

# **Weekly in person Yoga Classes**

Where : Thirumala Hall

Shiva Vishnu Temple

232 Arrowhead Ave, Livermore CA 94551

When: Every Saturday 8 to 9am

Starting September 24<sup>th</sup> 2022

## **On Line Yoga classes**

**Every Sunday - 8.00am to 9.15am.**

Zoom Link for Yoga-Meditation Classes

<https://zoom.us/j/662567344?pwd=S2NZdVhYU2lLRGp6aWJlOV1Fuc2p5UT09#success>

Pranayama, chanting, asanas and Yoga Nidra

Livermore temple Yoga channel

<https://www.youtube.com/channel/UCL6vq0ECqge7F-7vtlO2aQA>

Click here to **Donate** ▶

For more information, please contact Temple Office at 925-449-6255

Shyamala Venkateswaran [ec\\_human\\_services@livermoretemple.org](mailto:ec_human_services@livermoretemple.org)



**Disclaimer:** Classes are run by volunteers as a service to the community. While all efforts are being made to ensure that they are run in time, it could be cancelled at a moment's notice due to unforeseen circumstances. Thank you for understanding.