

FOR IMMEDIATE RELEASE

Atma Bhakti Yoga Center Announces a Free Community Series – Bhagavad Gita: The Three Paths of Yoga.

Dallas, Texas – Atma Bhakti Yoga is excited to present a series of seminars on the Bhagavad Gita. The Bhagavad Gita is an encounter without parallel in world literature. At its heart is a conversation between the soul and God.

Begin to explore the meaning of the Gita in this four part series of seminars given by Rtdhvaja Swami, a practitioner of Bhakti Yoga for over 40 years. The seminars will be held on Tuesdays in April and May from 7:00 to 9:00 p.m.:

- Tuesday, April 15th – Karma Yoga, the Path of Action
- Tuesday, April 29th – Bhakti Yoga, the Path of Devotion
- Tuesday, May 6th – Jnana Yoga, Yoga in the World
- Tuesday, May 20th – Putting it all Together, Bhagavad Gita in Daily Life

The series is free to the public, although donations are welcome to help with operating costs. The center is located at 6315 Lindsley Avenue in Dallas, just 10 minutes from downtown and a short walk from White Rock Lake. This workshop is one of many ongoing workshops and classes offered to the public.

For more information about the Bhagavad Gita series and to RSVP, visit www.atmabhaktiyoga.com. You can also find more information about other center offerings like yoga classes, massage therapy, and Kirtan on the website.

About Atma Bhakti Yoga Center

Atma Bhakti Yoga Center's mission is to foster a community that nourishes the unity of the body, mind, and spirit. It offers weekly yoga classes, massage therapy, Ayurvedic cooking and nutrition, and special events and workshops throughout the year.

The center welcomes people of all religious faiths and backgrounds. The space is available to rent for seminars and workshops, and offers a fully equipped kitchen for cooking classes and demonstrations. Visit our website at www.atmabhaktiyoga.com for more information and to view our calendar of classes and workshops.

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