



YOGA LESSONS

BY

DR. DHEERAJ PRAKASH JOSHI
YOGACHARYA

Consulate General of India
Birmingham

Profile – Dr. Dheeraj Prakash Joshi
Teacher of Indian culture and yoga Expert
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Dr. Dheeraj Prakash Joshi is a renowned Yoga Guru, he is teaching Yoga and Indian philosophy worldwide for the last 15 years. He is founder of Shivodham International Yoga Asharam, Udaipur and Yoga Department of JRN Rajasthan Vidyapeeth University, Udaipur. He produced 2500 certified yoga teacher in last 15 years. He has won all India yogasana championship in 2000.

He is deputed by Government of India in Consulate General of India, Birmingham as a Teacher of Indian culture and yoga Expert. He has worked in Sanskrit Studies centre, Silpakorn University, Bangkok, Thailand as Assistant Professor (Yoga and Sanskrit).

Dr. Dheeraj Prakash Joshi, specialises in Yoga, Sanskrit, Indian culture & Philosophy (Teaching yoga, Sanskrit and Indian culture from past 16 years). Teaching and Practicing Asana, Pranayama, Kriyas and Meditation from last 20 years

He has benefited the thousands of yoga enthusiast through yoga classes and workshops in India, Thailand, Vietnam, Russia, UK and USA.

**Please come and join us for a Yoga Lesson with
Dr. Dheeraj Prakash Joshi -**

AT

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FROM

**Thursday 2nd May 2019
(Then every Thursday after)**

TIME

7pm – 8.15pm

ALL ARE WELCOME!

