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Southern Cultural Heritage
FOUNDATION

PRESS RELEASE

June 10, 2016

FOR IMMEDIATE RELEASE

Yoga for Vibrant Wellness- Authentic Indian Yoga *5 Week Session at Southern Cultural Heritage Center*

VICKSBURG, MS: The Southern Cultural Heritage Foundation (SCHF) presents Yoga for Vibrant Wellness. This 5-week session will help you experience the benefits of holistic wellness. Yoga will help you move and feel better! Benefits of yoga include flexibility, strength, breathing, positive mood, less stress, more calm, better concentration, and better posture. The yoga classes will be led by **Dilbagh Singh Momi, Disciple Baba Ram Devji and Shri Shri Ravi Shankarji**. The 5-week session starts on **Saturday, July 9th** from 9 to 11am, and the following four **Tuesdays, July 12, July 19, July 26th and August 2nd** all from 5:30 to 7:00pm. The classes will be held at the SCHC. The fee for all 5 weeks is **\$60/SCHF members** and **\$70/non-members**. Space is limited and reservations are required. All ages and levels are welcome. No experience is required. Please wear stretchy comfortable clothes and bring a yoga mat and a small pillow.

The yoga instructor, Dil Bagh Singh Momi has been practicing yoga for many years. In 2006, he completed his basic training from Baba Ram Devji and in 2008, he completed his Teachers training in Hardiwar, India. He has been teaching yoga in India since 2008. He has taught yoga in New York and California in 2011 and 2012. He also attended Neturopathic Healthcare Center in 2009 and 2015. Since 2014, he has been teaching yoga in Mississippi. He completed two advance courses in the Art of Living in 2015. He also taught children's classes during Spring Breaks of 2015 and 2016.

Space is limited and reservations are required. For more information or to make a reservation, please call the SCHF office at 601-631-2997 or email info@southernculture.org.

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