



mangrove yoga ashram  
LIVING SATYANANDA YOGA

*'To live yoga is to be in harmony with yourself' —Swami Satyananda*

Hari Aum

Bhaktipoema

Loved to read the Poem in the back  
of the Yoga magazine  
Had to send it to you  
Swami Nirayan is always  
in time!

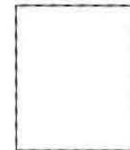
Love & Om

*Hridayananda*



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