



BEYOND YOGIC BREATHING
HOT BREATHING

INSTRUCTOR: DR. S. DAS, PHD

**Build Core Strength, Burn Belly Fat,
Loose Weight and Become Fit**

*Come and Experience a FREE Hot Breathing Workout session
on line remotely via interactive video session at
www.HotBreathing.com/teleworkout/*

**Online Virtual Video Hot
Breathing Tele Workout**

Contact:

Saturday & Sunday 8-9 am

408-430-7099

Tuesday & Thursday 8-9 am

Shyam.C.Das@gmail.com

Visit our website for latest info

HotBreathing.com

