

# Tri-State Hindu Temple

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*Namaste Everyone,*

*TSHT will be hosting 6 week yoga practice sessions every Saturday until Dec.24th.*

*These sessions are open to all public. All are welcome to join, and you may bring your friends.*

*First session was on Nov.19. The session will be from 8 am to 9:30 am first hour dedicated to Yoga and 9 to 9:30 am dedicated to Pranayama. Our last practice session together will be on Dec.24th.*

Regards,  
Temple Committee

[www.tristatehindutemple.org](http://www.tristatehindutemple.org)

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