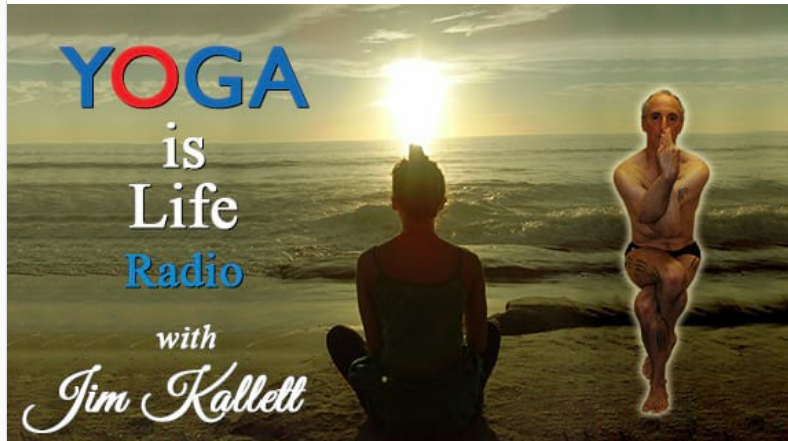


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**September 17th 2014: Talking Yoga with Rajashree Choudhury**

Today we will talk about Yoga with Rajashree Choudhury: Her perspectives on Yoga, her great experience and knowledge of Yoga practice and Yoga Therapy since her childhood as unprecedented 5 time All India National Yoga Champion and student of Dr. P.S. Das at Ghosh's Yoga College in Kolkata, India. Also, Yoga for Pregnancy, the inspirational aspects of Yoga as Sport, Rajashree's Seminars and Retreats, the charitable work she has been involved with Yoga, her CD, and her beautiful line of Yoga jewelry.

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#### Featured Guest



#### Rajashree Choudhury

Rajashree Choudhury, five-time winner of the All-India Yoga Championship, brings years of experience to her teachings of Bikram Yoga and personal development. In conjunction with the International Yoga Asana Championships, now in its 12th year, she founded the USA Yoga Federation, a non-profit organization formed to facilitate her goal of Yoga becoming accepted as Sport. Rajashree has also produced the popular and practical DVD "Bikram Yoga for Pregnancy," does Yoga Seminars and Women's Retreats worldwide, and has unique expertise on the therapeutic and emotional aspects of Yoga practice.

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