

DEPARTMENT OF YOGA CELEBRATING **7TH INTERNATIONAL DAY OF YOGA-2021**

"Be with Yoga, Be at Home!"

You're invited

Join us for Virtual Free Yoga Session

Y-stay Young. **O**-become Omnipotent. **G**-be Generous. **A**-Accomplish health

"Breathe. Stretch. Stay Healthy"

Learn 21 Secrets of Yoga

From 1st to 21st June 2021



For Registration
Click on Google form
<https://forms.gle/BSx3ShgAApZy9QDh6>
OR
Scan QR Code



E-Certificate will be issued for Participation

ALL ARE WELCOME

When ? Monday to Friday @ 6.30AM or @ 4.15PM

Click on link to join

<https://us02web.zoom.us/j/85034747215?pwd=OWVFeVZZelJHRG1QR3FCWVg4d3BEZz09>