



In the context of International day of Yoga, 2019

The Indira Gandhi Centre for Indian Culture

High Commission of India

has the pleasure of inviting you to

Seminar/ workshop on various aspects of Yoga

on

Friday, 10 May, 2019 from 1700hrs to 2000 hrs.

Saturday, 11 May, 2019 from 0800hrs to 1100 hrs.

**BIHAR SCHOOL OF YOGA SATYANANDA YOGA, INDIA
ON YOGA & YOGIC LIFESTYLE**

Friday, 17 May, 2019 from 1700hrs to 1800 hrs.

**DR.C. RADHAKESOON PRESIDENT – ARYA SABHA MAURITIUS
ON YOGA ASANA PRAYAYAMA & YOGIC LIFE STYLE**

Friday, 24 May, 2019 from 1700hrs to 1800 hrs.

**Dr DEEPAK UTHAMAN SOBHANA – AYURYOGA INTERNATIONAL RETREAT & RESEARCH
CENTRE LTD
ON CLEANSING PRACTICES IN YOGA & NATUROPATHY**

Friday, 31 May, 2019 from 1700hrs to 1800 hrs.

**DR KAVITA RATHEE HALKHOREE – ASSOCIATION OF AYURVEDIC PHYSICIANS
ON YOGA AYURVEDA & DIET**

Venue: Multipurpose Hall

Indira Gandhi Centre for Indian Culture, Phoenix

The Seminar will be followed by refreshments.

You are requested to make it convenient to attend.

RSVP : 6973437

Email: igcicmail@gmail.com

<https://www.facebook.com/igcicphoenix/>
