



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  
together with your family and friends to*

***Yoga seminar/ workshop***

**ON CLEANSING PRACTICES IN YOGA & NATUROPATHY**

By

*Dr. Deepak Uthaman Sobhana  
Ayuryoga International Retreat & Research Centre Ltd.*

at

*Venue: Multipurpose Hall  
Indira Gandhi Centre for Indian Culture, Phoenix*

*Date & Time: Friday 24<sup>th</sup> May 2019 from 1700hrs to 1800hrs*

*The Sessions are free of charge Bring your Yoga Mat*

*The Seminar/ Workshop will be followed by refreshments.*

*You are requested to make it convenient to attend.*

RSVP: 6973437  
Email: igcicmail@gmail.com

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