

GURUGRAM CHAPTER OF NIRC OF ICSI Celebrates

9th International Yoga Day

Theme : "Yoga for Vasudhaiva Kutumbakam"



Google Form Link for Yoga Day dt.
21.06.2023

<https://forms.gle/jkc8ituCHuaf8jLfA>



Sivananda Yoga Centre, F-40,
South City 1, Gurugram-122001

Wednesday, 21st June 2023 (06:00 am- 08:00 am)

YOGA- A WAY TO HEALTHY LIVING

- 06:00 to 06:30 Arrival at yoga centre
- 06:30 to 07:30 Yoga class
- 07:30 to 07:45 Talk on yoga
- 07:45 to 08:00 Aarti and Prasad

BRING YOUR OWN YOGA MAT

NO PARTICIPATION FEE

WITH BEST
REGARDS

CS APOORVA KUMAR
Chairman

CS YOGESH KUMAR
Secretary

CS RAM SAHAY
Vice-Chairman & Chairman,
Co Scholastic Committee