

Year-round Classes on the Physical Practices of

Y O G A

Schedule for July-Sep 2019

<i>Timing</i>	<i>Days</i>	<i>Teacher</i>
6.45 am-7.45 am	Tue, Thu, Sat	Ms Seema Dabi
8 am-9 am	Mon, Wed, Fri	Ms Sumita Kher
9.45 am-10.45 am*	Mon, Wed, Fri	Ms Ritu Viridi
11 am-12 noon	Mon, Wed, Fri	Ms Pragya Taneja
4 pm-5 pm**	Tue, Thu, Sat	Mr Deepak Jhamb
5.30 pm-6.30 pm	Mon, Wed, Fri	Ms Deepa Bisht

* Specially for Senior Citizens

**5 pm-6 pm on Saturdays

**VENUE: CHETNA (Yoga Hall) for 6.45 am, 8 am, 4 pm & 5.30 pm classes
DAIVIC (Room 009) for 9.45 am and 11 am classes**

All these classes are open also to guests staying in TAPASYA. Please show your room key as proof of stay.

Registration: The Mother's Integral Health Centre, on any working day, between 8.30 am and 3 pm