

# Year-round Classes on the Physical Practices of Y O G A

<i>Month</i>	<i>Timing</i>	<i>Days</i>	<i>Teacher</i>
March 2019	6.45 am-7.45 am	Tue, Thu, Sat	Ms Seema Dabi
April 2019	6.45 am-7.45 am	Tue, Thu, Sat	Ms Seema Dabi
May 2019	6.45 am-7.45 am	Tue, Thu, Sat	Ms Seema Dabi
March 2019	8 am-9 am	Mon, Wed, Fri	Ms Sumedha Sarvadaman
April 2019	8 am-9 am	Mon, Wed, Fri	Ms Sumedha Sarvadaman
May 2019	8 am-9 am	Mon, Wed, Fri	Ms Sumedha Sarvadaman
March 2019	9.45 am-10.45 am*	Mon, Wed, Fri	Ms Ritu Viridi
April 2019	9.45 am-10.45 am*	Mon, Wed, Fri	Ms Ritu Viridi
May 2019	9.45 am-10.45 am*	Mon, Wed, Fri	Ms Ritu Viridi
March 2019	11 am-12 noon	Mon, Wed, Fri	Ms Sharmistha Mishra
April 2019	11 am-12 noon	Mon, Wed, Fri	Ms Sharmistha Mishra
May 2019	11 am-12 noon	Mon, Wed, Fri	Ms Sharmistha Mishra
March 2019	4 pm-5 pm**	Tue, Thu, Sat	Mr Deepak Jhamb
April 2019	4 pm-5 pm**	Tue, Thu, Sat	Mr Deepak Jhamb
May 2019	4 pm-5 pm**	Tue, Thu, Sat	Mr Deepak Jhamb
March 2019	5.30 pm-6.30 pm	Mon, Wed, Fri	Ms Deepa Bisht
April 2019	5.30 pm-6.30 pm	Mon, Wed, Fri	Ms Deepa Bisht
May 2019	5.30 pm-6.30 pm	Mon, Wed, Fri	Ms Deepa Bisht
March 2019	8.30 pm-9.30 pm	Mon, Wed, Fri	Mr Vikrant Rana
April 2019	8.30 pm-9.30 pm	Mon, Wed, Fri	Mr Vikrant Rana
May 2019	8.30 pm-9.30 pm	Mon, Wed, Fri	Mr Vikrant Rana

\* Specially for Senior Citizens      VENUE: CHETNA for 6.45 am, 8 am, 4 pm, 5.30 pm & 8.30 pm

\*\*5 pm-6 pm on Saturdays      DAIVIC for 9.45 am and 11 am classes

All these classes are open 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