

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

	6.45 am-7.45 am*	8 am-9 am	9.45 am-10.45 am (Senior Citizens)	11 am-12 noon	4 pm-5 pm**	5.30 pm-6.30 pm
	Tue, Thu, Sat	Mon, Wed, Fri	Mon, Wed, Fri	Mon, Wed, Fri	Tue, Thu, Sat	Mon, Wed, Fri
July 2018	Ms Seema Dabi	Ms Priya Gupta	Ms Neha Puri	Ms Rachna Bansal	Mr Deepak Jhamb	Ms Seema Dabi
Aug 2018	Ms Seema Dabi	Ms Priya Gupta	Ms Neha Puri	Ms Rachna Bansal	Mr Deepak Jhamb	Ms Seema Dabi
Sep 2018	Ms Seema Dabi	Ms Priya Gupta	Ms Neha Puri	Ms Rachna Bansal	Mr Deepak Jhamb	Ms Seema Dabi
Oct 2018	Ms Seema Dabi	Ms Priya Gupta	Ms Neha Puri	Ms Rachna Bansal	Mr Deepak Jhamb	Ms Seema Dabi
Nov 2018	Ms Seema Dabi	Ms Priya Gupta	Ms Promila Singh	Ms Puneeta Puri	Mr Deepak Jhamb	Ms Seema Dabi
Dec 2018	-	Ms Priya Gupta	Ms Promila Singh	Ms Puneeta Puri	Mr Deepak Jhamb	Ms Seema Dabi
Jan 2019	-	Ms Priya Gupta	Ms Promila Singh	Ms Puneeta Puri	Mr Deepak Jhamb	Ms Seema Dabi

* The date on which the 6.45 am classes are resumed in February would depend on the demand, which in turn generally depends on the weather.

Venue: CHETNA (Yoga Hall) (near The Mother's Integral Health Centre), for the 6.45 am, 8 am, 4 pm and 5.30 pm classes;
DAIVIC (Room 009 / Old SABDA Room) (near Samadhi Lawns) for the 9.45 am and 11 am classes.

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

** 5 pm - 6pm on Saturdays