

Year-round Classes on the Physical Practices of

YOGA



Timing

Days

Teacher

6:30 am - 7:30 am

Mon, Wed, Fri

Ms. Priya Gupta

11 am - 12 noon

Mon, Wed, Fri

Ms. Vidya Mundhra

10 am - 12 noon

Mon, Wed, Fri

Mr. Deepak Jhamb

(Individual classes, by prior appointment)

These classes are open also to guests staying in TAPASYA. Please show your room keys as proof of stay.

Registration: The Mother's Integral Health Centre,

On any working day, between 8:30 am and 3 pm.

Walk-in Registration/Appointment also available.



8800552685



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Chetna (Yoga Hall),

Sri Aurobindo Ashram - Delhi Branch