



THE MOTHER'S INTEGRAL HEALTH CENTRE

Sri Aurobindo Ashram – Delhi Branch

Round-the-year Classes on the Physical Practices of

Y O G A

at 6.45 am

After the winter break, the yoga classes by the popular teacher

Priya Pranav Gupta

shall resume on

Monday, 12 February 2024 at 6.45 am

Monday, 12 February 2024, being the
Ashram Foundation Day,
new students are welcome for a free trial class
without prior registration

All those who join the
6.45 am class on Monday, 12 February 2024
(new students and old)
are welcome for

Breakfast at 7.45 am with their teacher
in the Ashram Dining Hall
