

# YOGALATES

## FUSION OF YOGA AND PILATES

COMMENCING 1ST AUGUST 2024



**TUESDAY AND THURSDAY, 11 AM TO 12 PM**  
**SRI AUROBINDO ASHRAM, DELHI**

FOR ENQUIRIES, PLEASE EMAIL  
**[vidya\\_mun@hotmail.com](mailto:vidya_mun@hotmail.com)** or  
**WHATSAPP 98181 89603 (VIDYA)**  
**NO CALLS PLEASE**