चाय पे चर्चा

Discussion & Demonstration on योग – प्राणायाम – ध्यान

Speaker :
YOGACHARYA Shri HEMENDRASINHJI RAJPUT

Date: 18/05/2016, Wednesday

Time: 3 PM to 6 PM

Venue: 1st floor, Jagmohan Parikh Hall,
AMA building, Ashram Road, Ahmedabad

- Members who are interested to learn by doing are requested to wear loose garments (T shirt-Trousers/Kurta-Payjama)
- Session will be followed by Tea/Coffee, Light snacks
- Program co-ordinators: Dr Rajal Thaker, Dr Manoj Pandya