

THE INTERNATIONAL DAY OF YOGA 2016

Sponsored by Indian Consulate Office Edinburgh, (Facilitated by Association of Indian Organizations)

The International Day of Yoga class will be held on Sunday 19 June 2016 between 1100-1215 in the down stairs Hall of the Hindu Temple, 1 La-belle Place Glasgow G3 7LY. Fresh juice and dry fruit would be provided to the participants after the yoga class.

Yoga teacher, Amrit Paul Kaushal will take the Yoga class. Please come 10-15 minutes before the start of the yoga class to reserve your place in the Hall as participants will be accepted on first come first served basis.

Please try to bring your own mats. Due consideration will be given to people with disabilities in the physical exercises.

I look forward meeting you on the International Day of Yoga.

Should you have any query please get in touch either with me on (07572428286) or the General Secretary Mridula Chakraborty on her mobile (07781424042).

Amrit Paul Kaushal

President

Association of Indian Organizations, Glasgow.

UNITY IN DIVERSITY



Association of Indian Organisations
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