

Embassy of India Reykjavik



FREE YOGA CLASSES!!

BY YOGA TEACHER – MS. SUSHMA YENGE

Winter Schedule

STARTS FROM: 1 OCTOBER 2018

MONDAY TO FRIDAY

Morning Session	07.00 TO 08.00 Hrs	Advance Yoga Class
Evening Session	17.30 TO 18.30 Hrs (05.30 TO 06.30 PM)	Yoga For all

AT – TUNGATA -7, 101 Reykjavik

Learn Yoga with

RELAXATION | MEDITATION | YOGIC THEORY | BODY ALIGNMENT | BREATHING TECHNIQUES

A complete workout for your Mind Body and Soul

Every 2nd & 4th Wednesday Theory Yoga Session including Sanskrit language 17.30 to 18.30 Hrs
(05.30 to 06.30 PM)

"Yoga embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between Man and nature; a holistic approach to health and well being. It is not about exercise but to discover the sense Of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal With climate change."

- Hon. Indian Prime Minister Shri Narendra Modi

Please register to join the classes: Registration can be done online at

<http://indianembassyreykjavik.gov.in>

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Check out FREE YOGA Classes at Embassy of India on Facebook