



**Embassy of India
Addis Ababa**

Learn Yoga and Stay Healthy

**"FREE YOGA CLASSES"
Starting from 25th February 2019**



BENEFITS OF YOGA

- Physical fitness - Strength and Stamina
- Mental peace, happiness and Contentment
- Self Control - Discipline and balance in life
- Love and Non-violence in the society

**ALL ARE INVITED TO REGISTER THROUGH THE FOLLOWING MEANS
TO JOIN THE YOGA CLASSES:**

- Contact Ref: Mr. P.K. Raghav, Teacher of Indian Culture,
Embassy of India, Addis Ababa, Phone No.+251 944143529
- E mail - yogaindia.addis@gmail.com

Google

Link: https://docs.google.com/forms/d/e/1FAIpQLSfQhfpLNfRjCi9lqQMCxnWVgt4FvPsIDbgudSeaVrxpAmrwfA/viewform?usp=sf_link

Venue

**Indian National School
Piassa, Addis Ababa.**

Yoga class timings

**6 to 7 P.M. - Monday to Friday
8 to 9 am & 5 to 6 P.M. - Saturday**