



“Everything is within. Seek nothing outside of yourself”
-Miyamoto

NKES College of Arts, Commerce & Science

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Tel No: 022-24184924 / 022-24183162

Affiliated to University of Mumbai

invites one and all for

A Two Day Programme on

‘Immunity Building Through Yoga and Meditation’

On Youtube Live

With

Shri Ratish Rao (The Happy Yogi)

Day 1 - 3rd June, 2020 Wednesday

Time : 11am to 12pm

1. Asana (for removing toxins out)
2. Pranayama (developing focus and concentration)
3. Kriya (Stress management)
4. Savasana Meditation (for Anxiety and Stress)

Day 2- 4th June, 2020 Thursday

Time : 11am to 12pm

1. Asana (focus and concentration)
2. Pranayama (developing Immune system)
3. Meditation (developing concentration and gain power to mind)
4. Savasana Meditation (for Anxiety and Stress)

For registrations click on :

https://docs.google.com/forms/d/e/1FAIpQLSeKklmPu0D1HvCFx3PuyXNC0BhwjVsPfPhAlwrHiXygEK_iTw/viewform

E-Certificate will be given to all participants.