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YOGA AWARENESS PROGRAMME

“Yoga for Health & Society”

Department of Yoga, JSS AHER
is organizing

“FREE YOGA CLASSES”

“Sequence Yoga”

👉👉 **All are welcome** 👉👉
Join us online

60-minute

**SLOW FLOW
YOGA SEQUENCE**

1st to 30th

September 2021

Monday to Friday

6.30am or 4.15PM

Click on

link to join Yoga

[https://us02web.zoom.us/j/85034747215?](https://us02web.zoom.us/j/85034747215?pwd=OWVFeVZZeJHHRG1QR3FCWVg4d3BEZz09)
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**For Admission
Contact:**
8217486331
9980841859
7204680086

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A STAKE IN YOGA
Apply at
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ADMISSIONS OPEN

B.Sc Yoga	3 Years
M.Sc. Yoga	2 Years
Yoga Teachers' Course (YTC)	3 Months

For Queries and Admission Contact : 9980 841859, 82174 86331, 98868 73714

YOGA Courses
Admissions open for 2021

