

**DEPARTMENT OF YOGA  
ORGANIZING**

**"YOGA AWARENESS PROGRAMME"**

**"YOGA FOR  
WEIGHT LOSS"**



# **THE WAKE UP WORKOUT ! JOIN YOGA@JSS AHER DOY**

**JOIN US FOR VIRTUAL FREE YOGA SESSION**

**CLICK ON LINK TO JOIN**

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**1 TO 31 JULY 2021**

**MONDAY TO FRIDAY**

**6.30AM OR 4.15PM**