

International Yoga day

CELEBRATING THE WAY OF LIFE

Date : Saturday, 24 June 2017
Time : 7:00 to 1:00 pm
Venue : Temple Of Universal
Spirit, The Pure Life
Society, Jalan Puchong,
Kuala Lumpur

Dress Code : Track Suit and T shirt
Theme Colour : White
Age : 14 & above

Programme

- 07:00 – 07:45 am - Yogasana demonstration and group activity led by Mr V Perumal
- 07:45 – 08:30 am - Pranayama and Dyana led by Dr M Jeyarajan
- 08:30 – 09:30 am - Breakfast

Lecture presentation

- 09:30 – 10:30 am - Therapeutic yoga by Dr V Suresh Kumar
- 10:30 – 11:30 am - Yoga : From Strife to Life by Dr M Jeyarajan
- 11:30 – 12:30 pm - Yoga In Motion - Lecture demonstration by Ms Sandhya Manoj

Note : Please bring yoga mat if you wish to join the practical sessions

Organised by:

Centre For Spiritual
Advancement In collaboration
with Divine Life Society



Dr V Suresh Kumar



Mr V Perumal



Dr M Jeyarajan



Ms Sandhya Manoj

REGISTRATION FREE

For more information please contact:

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