

# Learn Yoga In 3Day's

Date

20<sup>th</sup> to 22<sup>nd</sup>, Sept, 2022

Time

6.00 to 8.00 Am

Day -01

20 September, 2022

- Sukshma vyayama
- Drutagati Yogabhyas
- Surya Namaskar
- Pranayama



Day -03

22 September, 2022

- Sukshma Vyayama
- Yog Nindra

Day -02

21 September, 2022

- Khade Hoka Aasan
- Baith kar Aasan
- Letkar Aasan
- Pranayama
- Dhyan

