

**Bharatiya
Vidhya Bhavan
And
Sivananda Yoga
Kendra**

Invites



DATE: 25TH FRIDAY

EVENING SESSION

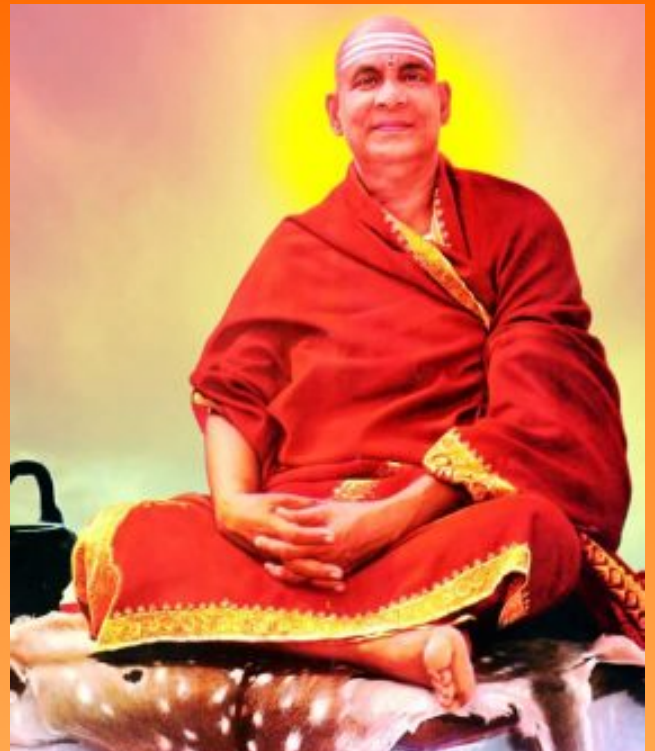
TIMING: 6.30PM - 8.00PM

Virtual International yoga Day workshop

**Workshop on
"Yoga In Daily Life"**

"Crave for a thing, you will get it. Renounce the
craving, the object will follow you by itself"

Swami Sivananda



Inaugural Speech By

KALAIMAMANI

***Shri. K.N. RAMASWAMY,
BVB-Director, Chennai.***

Program is conducted by

Yoga Acharya

A.k. SRINIVASAN

Director of Sivananda Yoga Kendra

Along with his Team of Yoga Teachers

Website: www.Sivanandasevas.org

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