

# MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of AYUSH, Govt. of India

68, Ashok Road, New Delhi-110001

## **SUMMER YOGA WORKSHOP FOR CHILDREN - 2019**

*Improve Your Child's Health, Concentration & Memory by Practicing Yoga*

Morarji Desai National Institute of Yoga (MDNIY) is organizing a Yoga Workshop for Children between the age group of 8 to 16 years from **21<sup>st</sup> May, 2019 to 19<sup>th</sup> June, 2019**. The Yoga programme consists of Shatkarma, Yogic Sukshma & Sthula Vyayama, Surya Namaskar, Yogasana, Pranayama, Meditation, Lectures and other Yoga related Competitions for personality development.

Fee Rs. 500/- (Rupees Five Hundred Only) + Registration Fee Rs. 25/- only.

Intake Capacity: Maximum 100 participants (Admission on first-cum-first serve basis)

**Note: It is compulsory to submit the copy of age proof, School ID card & 2 passport size photographs by all the applicants.**

**For further details, please contact:**



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