

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of AYUSH, Govt. of India
68, Ashok Road, New Delhi-110001

SUMMER YOGA WORKSHOP FOR CHILDREN - 2018

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

Morarji Desai National Institute of Yoga (MDNIY) is organizing a **Summer Yoga Workshop for Children** between the age group of 8 to 16 years from **21st May, 2018 to 20th June, 2018**. 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 and Aadhar Card of parent by all the applicants.

For further details contact:



DIRECTOR

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