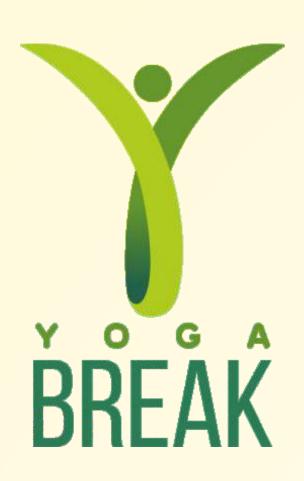


## Morarji Desai National Institute of Yoga

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## YOGA BREAK



@WORKPLACE =



## De-stress, Refresh and Re-focus

## Yoga Protocol

