



International Day of Yoga 2021



# Yoga Mitra

offers

**AbhyasaYoga**

## Online Continued Yoga Program - Level 2

*for participants who have already attended  
Yoga Mitra Camp for COVID-19 Management*

**16<sup>th</sup> June - 30<sup>th</sup> June 2021**

- Yoga batches will be conducted starting from  
**6 AM upto 8 PM**
- **Language of Instruction:** English/ Kannada/Tamil/Telugu
- You can choose your convenient language & time slot
- Effective Yoga-Asanas, Pranayama & Yogic Breathing & Relaxation Techniques will be taught
- Sessions will be conducted by experienced & qualified Yoga Teachers

Link for Registration - <http://tiny.cc/CYP-Regn>

The donations collected through these classes are used for conducting Free Yoga Camps, welfare of economically backward & COVID affected Yoga Teachers

[www.adhyatmayoga.net](http://www.adhyatmayoga.net)

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YOGA MITRA is a social volunteering movement with synergized efforts of 1000 plus Yoga Teachers from various Yoga Schools