



Ministry of AYUSH  
Government of India



International Day of Yoga 2021

## Yoga Mitra

offers



## Free Online Yoga Camp for All

Common Yoga Protocol approved by Ministry of AYUSH, GoI

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

- Yoga batches will be conducted starting from **5 AM upto 8 PM**
- **Language of Instruction:** English/Hindi/ 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 Trained Volunteer Yoga Teachers
- Conducted under the guidance of Medical Professionals & Senior Yogacharyas

*Link for Registration*

<http://tiny.cc/idy2021-regn>

#BeWith  
Yoga  
BeAt  
Home

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

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