

India International Centre

To Mark International Yoga Day 2022

Presents

Yoga Workshop for children on 20 June 2022 at 6 pm

**To undo the pandemic damage on the body mind
and psyche with Hatha yoga, Raja yoga,
Nada yoga, Mantra yoga, and Tantra yoga**

Conducted by Smt Bijoylaxmi Hota. well-known Yoga
Guru & author of several books on Yoga

To

- **Remove the isolation stress**
- **Strengthen eyes & nerves**
- **Reduce anxiety**
- **Induce quality sleep**
- **Improve memory and concentration**
- **Develop a strong immune system**
- **Improve overall health**

Venue: Seminar Rooms I to III. Kamaladevi Complex, IIC India International Centre I 40
Max Mueller Marg I New Delhi 110003

*Please register your participation for either or both sets of workshops in advance. For
registration, please send us an email on iicprogrammeassist@gmail.com*