

BANDRA BANDSTAND RESIDENTS TRUST



Invites you to the International Day of Yoga on 21st June 2015

Chief Guest: Corporator Ms Karen D'Mello
Guest of Honour: Corporator Mr Aasif Zakaria

Venue: Bandra Bandstand Promenade – South end,
near gate No 1 - (opp. Sharukh Khan's Residence)

Program:
6:45 – 7:00 AM Registration & Settling down
7:00 – 7:45 AM Asana & Pranayama – demonstration & practice
by Mr. Pankaj Mirgh & Ms Luckshmi Mirgh of Art of Living
7:45 – 8:30 AM Practice of positive thinking & Meditation – PowerPoint
Presentation & talk by BK Smita Behen (Brahma Kumari)

Yoga has 3 main streams: Asana, Pranayama & Meditation

Yoga Postures or **Asanas** exercise every part of your body. The stretching involved helps in toning your muscles and joints, including your spine and your entire skeletal system. Yoga not only facilitates in improving your body but also aids in the proper functioning of your glands, nerves and your other internal systems. By releasing physical and mental tension, you will liberate vast resources of energy. The Yogic Breathing Exercises known as **Pranayama** revitalise the body and help control the mind, leaving you calm and refreshed; combine this with the practice of **positive thinking and Meditation**, and result will be increased clarity, mental power and concentration.

The program is free and is non-religious

PROGRAMME KINDLY SPONSORED BY M/S SAIGAL SEATRADE, MUMBAI