

10TH JULY YOGA DAY CELEBRATION IN S.P.I.T. CENTRAL LIBRARY

Yoga Day has been organized in Library on Wednesday 10th July 2019 at 10.30 am to 11.30 am in Library.

The Session includes following techniques

- ASANA**
- PRANAYAMA**
- RELAXATION**
- MEDITATIVE TECHNIQUES**
- Some tips about day to day Healthy Living**
- Q & A**

About Yogacharya Dr. Hansraj Yadav

Bhavan's Yoga Bharati under the tutorship of Yoga Guru, Yogacharya Dr. Hansraj Yadav who is also the Director of Yoga Bharati has been doing pioneering work in the field of Classical Yoga since the last 55 years and authored number of books on Yoga.

The Guruji, as he fondly referred to, is committed to teaching and training the therapeutic aspects of Yoga. He has trained innumerable teachers of yoga for the benefit of the society.

MUDRA



Tadasan



Neck Exercise



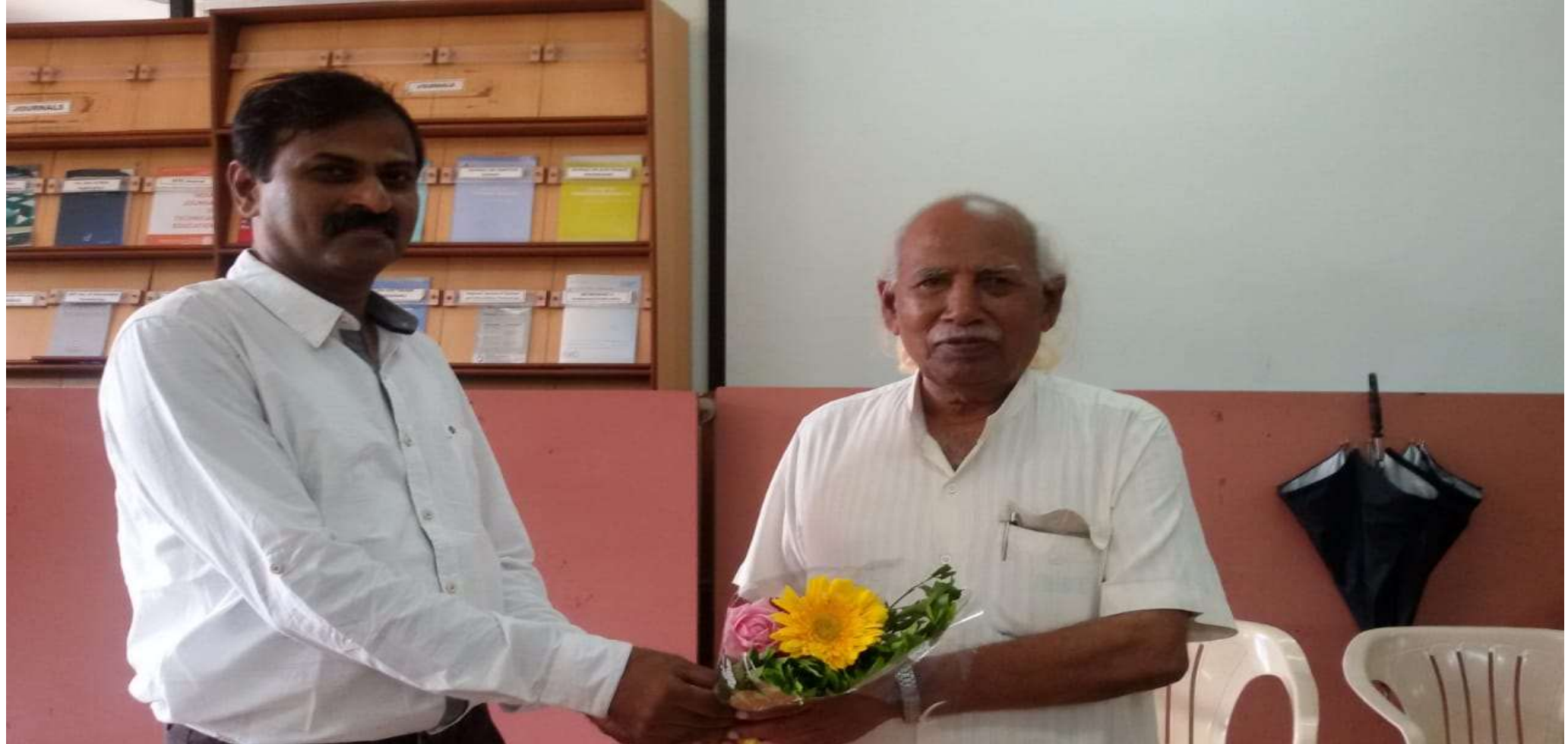
TRIKONASAN



TITALI ASAN



VOTE OF THANKS



GROUP PHOTO

