



INDRAPRASTHA INSTITUTE of  
INFORMATION TECHNOLOGY DELHI

'YOGA IS THE JOURNEY  
OF THE SELF, THROUGH  
THE SELF, TO THE SELF.'

- THE BHAGWAT GITA



# YOGA

CLASSES AT IIIT DELHI

6:15 - 7:15

MON - SAT

3RD FLOOR, STUDENT  
CENTRE

BY MR. AJAY SAXENA  
RADHISH YOG AND  
NATUROPATHY CENTRE