Greetings VESTians !!!!!

**International Yoga Day 21st June, 2022** Organized by

**VESIT Students’ Club** in Collaboration with **VESIT Sports Council** and **EBSB - VESIT**

This session will be conducted by **Mrs.Manjusha** **Joshi**, a Renowned Yoga Trainer.

We invite you to join the session and give a healthy and peaceful start to your day.

This yoga session will include simple, yet powerful tools to manifest health and vitality in one’s body and foster peace within.

The session will be Offline as well as Online and will be streamed live on YouTube.

For Maximum benefits :

🔘Keep a light stomach condition.

🔘Wear comfortable clothes.

🔘Bring your own yoga mat.

🔘Keep a bottle of water and hand towel with you during the session.

🔘Dress code "White".

🔘Maintain Social Distance.

 Date : June 21, 2022

 Time : 8:30 A.M. - 9:30 A.M.

Offline Venue : Amphitheatre, VESIT

Registration Form : <https://forms.gle/m8VZvXzEJSAAe4fB9>