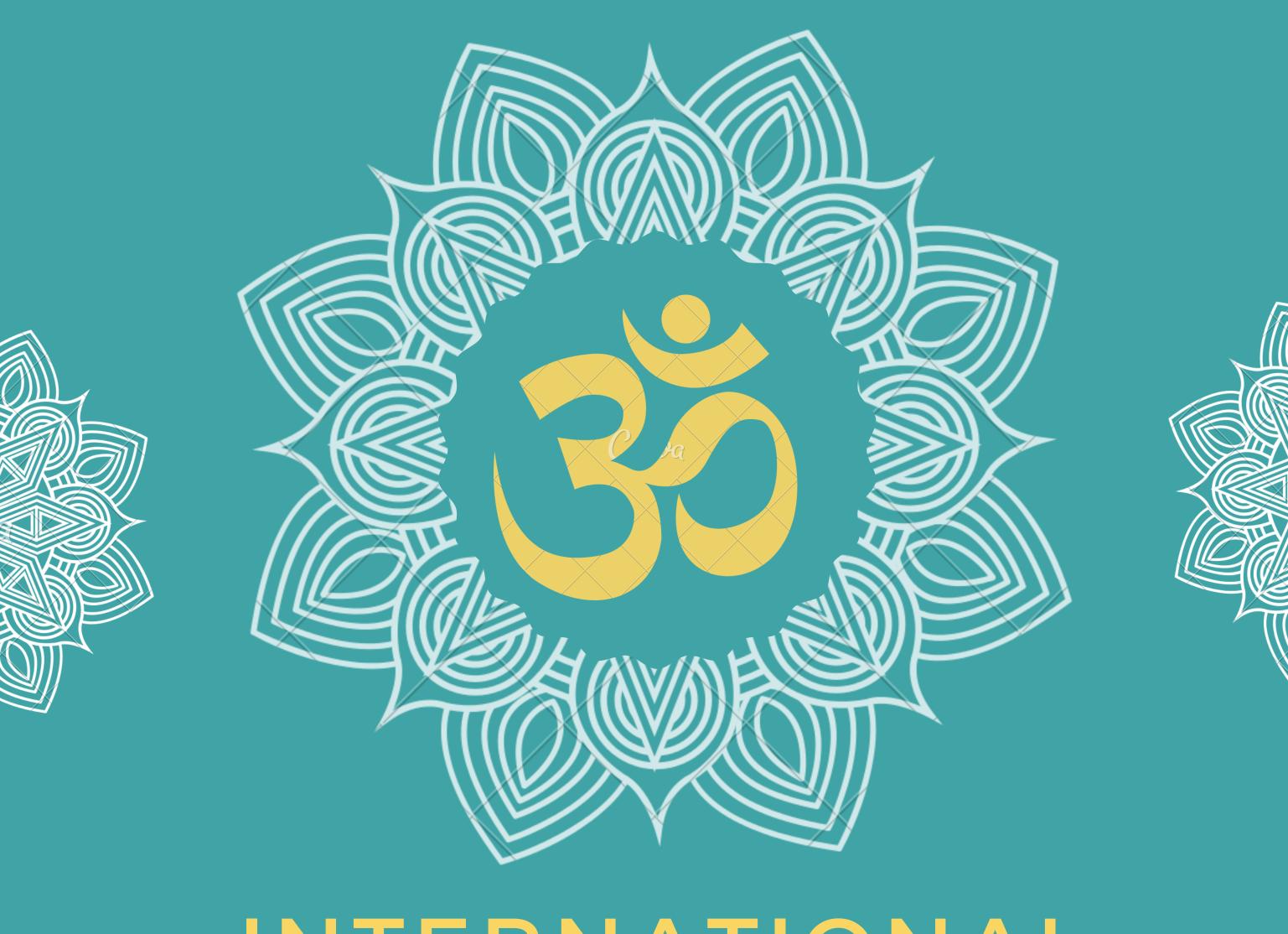


## SWAMI VIVEKANAND YOGA KENDRA (NAVI MUMBAI)



In collaboration with **Prajnanam Brahma Institute of Self Culture**, Jajpur, Odisha



## INTERNATIONAL YOGA WEEK 2021

6 PM - 7 PM | June 21- June 25

Free series of sessions to spread the authentic knowledge of YOGA and its practices.



## SCHEDULE



21st June - What is yoga?

(By Mr. Durgadas Swant Vice President Yoga Vidya Niketan Navi Mumbai)

22nd June - Panchakosha

(By Mrs. Sharvani Upadhye Kanetkar)

23rd June – Panchamahabuta

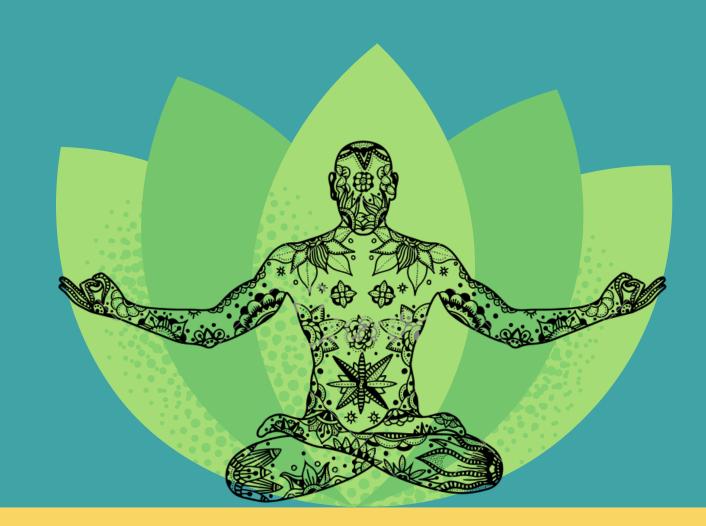
(By Mrs Pranjali Patil)

24th June - Tridosha/Triguna

(Dr. Sayali Dusane Dhodapkar)

25th June - Importance of physical to spiritual level

(Dr Kashinath Metri -Head-Yoga Department, Rajasthan University)



Come join and celebrate with us on this international yoga day where we will be sharing our knowledge and wisdom about yogic tradition and practices!

To register for the webinar Contact- Krutika Kumtakar(Co-ordinator)- 7506608022