



# SWAMI VIVEKANAND YOGA KENDRA (NAVI MUMBAI)



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



## INTERNATIONAL YOGA WEEK 2021

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6 PM - 7 PM | June 21- June 25

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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 !

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**To register for the webinar**

**Contact- Krutika Kumtakar(Co-ordinator)- 7506608022**