

**High Commission of India
Nairobi

High Commission of India, Nairobi shall be conducting classes on Yoga from **03 July 2019** at High Commission's Apa Pant Auditorium, Wangapala Road, Parklands, Nairobi **Monday to Friday** as per the following schedule:

| | |
|------------------|--|
| 08:30 – 09:30 AM | General Yoga Class – for all |
| 09:30 – 10:30 AM | Yoga for depression in July, and focus on a different disease every subsequent month |
| 06:00 – 07:00 PM | General Yoga Class – for all |

2. The course will be free of charge and admission to the classes will be on 'first come first serve' basis due to limited seats. Interested persons may send a request for attending Yoga Classes with the following details on e-mail ID yoga.nairobi@mea.gov.in

- (i) Name:
- (ii) DOB:
- (iii) Profession:
- (iv) Address with Mobile No:
- (v) Email:
- (vi) Kenyan National ID No (Attach scanned copy):
- (vii) Preferred time slot:

3. On allotment of time slot, a registration form will be given for submission along with latest passport size photograph before joining Yoga Session.

4. In coming days, High Commission shall also organize workshops on Yoga in various schools and corporations in Kenya.

[Nairobi, 28 June, 2019]