

**High Commission of India  
Nairobi**

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High Commission of India, Nairobi is pleased to announce arrival of Ms. Yogita K. Mehta, Yoga Teacher from the Indian Council for Cultural Relations (ICCR) in Nairobi to conduct Yoga classes and workshops. High Commission is organizing one-month beginners' course on Yoga from 22 April 2019 at High Commission's Apa Pant Auditorium, Wangapala Road, Parklands, Nairobi.

2. The classes will be held 5 days a week (Monday to Friday) from 0630 hrs – 0730 hrs and 1800 hrs – 1900 hrs. The course will be free of charge and admission to the classes will be on 'first come first serve' basis due to limited seats.

3. Interested persons may register for attending Yoga Classes with the following details at [yoga.nairobi@mea.gov.in](mailto:yoga.nairobi@mea.gov.in) and [ga.nairobi@mea.gov.in](mailto:ga.nairobi@mea.gov.in) :

- (i) Name:
- (ii) DOB:
- (iii) Address with contactable Mobile No:
- (iv) Email:
- (v) Kenyan National ID No (Attach scanned copy):

4. In coming days, High Commission is planning to organize workshops on Yoga in various schools and institutes in Kenya.

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**[Nairobi, 12 April 2019]**