

High Commission of India

Nairobi

High Commission of India, Nairobi will conduct classes on Yoga from 03 September, 2019 onwards at High Commission's Apa Pant Auditorium, Wangapala Road, Parklands, Nairobi from Monday to Friday as per the following schedule:

08:30 – 09:30 AM	General Yoga Class – for all with basic Sanskrit learning
09:30 – 10:30 AM	Yogic treatment for sinus with Yogic cleansing process
06:00 – 07:00 PM	General Yoga Class – for all, with 10 minutes Pranayam practice

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 and ga.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.

[Nairobi, 02 September, 2019]