



# YOGA WORK SHOP

**Best Wealth is Physical and Mental Health!**

Free Intro Session on Friday evening from 6 :30 PM in Abu Halifa.



**Dates**  
**26th to 30th October**

**Timing**  
**Mon to Thursday**  
**7:00 to 9:45 PM**  
**Friday**  
**10:00 AM to 2:00 PM**

**Venue**  
**English School**  
**Fahaheel in Managaf**

**For Gents , Ladies and Children above 14 years**

## **What do you learn?**

- Asanas (Exercises)
- Pranayama( Breathing)
- Meditation (Relaxation)

These techniques enable us to unite the body, breath and mind in awareness. This brings you back to your natural self and develops all the good qualities that we were born with.

## **What participants say about the course..**

I felt very Relaxed and energetic during the course...

My sugar level has come down from 400 to less than 160...

Only a few hours of sessions and I felt totally changed. Each day I felt more flexible and energetic...

## **Benefits of Yoga:**

### **For body..**

Improves Flexibility  
Improves Strength  
Correct the Postures and Alignment  
Regulates Digestive, Endocrine and Circulatory systems  
Strengthen Internal Organs  
Loose Weight  
Prevent / cure chronic illness

### **For Mind:**

Increased clarity, alertness, concentration and peace of mind.  
Improved self esteem and ability to deal with stress.  
Greater energy and enthusiasm for life

### **For Self:**

Develops Human Values  
And Sense of Belongingness  
See the reality of life and appreciate it.

**Join the Enjoyable way to become Y O U N G & F I T**

**For Registration Please Call now**

**6680 6197 / 2372 6911 / 6660 3655**