

Sri Om International Yoga Day

Sri Om, a member organization of Hindu Council is celebrating International Yoga Day at Glenwood hub alongwith Art of Living and Harman Foundation.

For Details, please contact Jay Raman on 0410 759 906

17th JUNE - FREE EVENT

International Day of Yoga



Organized by



Sri Om Care



REGISTRATION OPENS @ 9.30 AM

- **Yoga on Chair - 9.45am to 10.20am**
- **A talk by Experienced Nutritionist, SUMA KUMAR on Winter Nourishment - 10.30am to 11.15am**
- **Hatha Yoga - 11.30am to 12.30pm**
- **Kids yoga for age 8 to 17 years - 2.30pm to 3.30pm**
- ***Please BYO YOGA MATS for Hatha Yoga session**

Venue: Glenwood Community Hub
72 Glenwood Park drive, Glenwood, NSW-2768

RSVP MANDATORY :

Dolly: 0430 175 535 OR Jay Raman: 0410 759 906
OR Harinder: 0430 158 911

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