



HAPPINESS PROGRAM

With our beloved Manorama Didi

Benefits:

- ✓ Increase efficiency
- ✓ Improve concentration
- ✓ Gain clarity in mind
- ✓ Sharpen intellect
- ✓ Reduce stress
- ✓ Improve relations

Learn:

- ✓ Sudarshan Kriya- A powerful breathing technique
- ✓ Pranayam and yoga
- ✓ Simple yet profound knowledge
- ✓ Group processes
- ✓ And much more

Dates: 28th to 30th January, 2017. Timings: 6:00 to 9:00 pm

Venue: Central Examination Hall, NAU, Navsari

For registration please contact: 8128699081

