

Embassy of India

Ashgabat

Shri Ram Chandra Mission under the auspices of Ministry of AYUSH, Government of India is organizing a 100 days long virtual programme namely “Yoga for Unity & Well-being” with participation from renowned yoga experts from different schools and traditions.

The programme started on March 14th, 2021 and will culminate on June 21st, 2021 i.e. on the International Day of Yoga.

Interested participants may register themselves by visiting the following link <http://hfn.link/yogaforunity>. The registered participants will receive an e-certificate for participation by the organizers. Podcast of all sessions are available on the official YouTube channel of the programme: youtube.com/yoga4unity



YOGA

for Unity and Well-being

100 days of Yoga

Towards the International Day of Yoga 2021
Practice Yoga with the best Yoga Institutions
from India

Starting March 14th, till June 21st, 2021

Visit us

hfn.link/yogaforunity
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heartfulness
yoga for unity & well-being