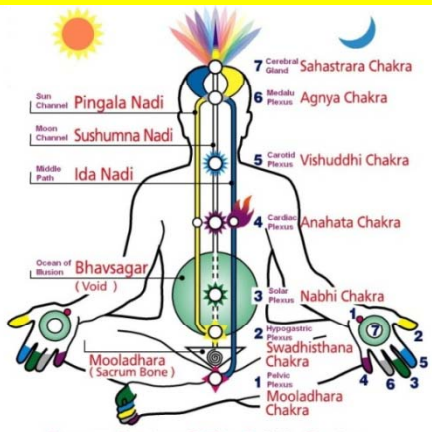


Take a break with our “ Evening Pranayam”

From 23rd – 26th June 2014 @ 4pm | Training room | NCL Innovation Park
All ages welcome | Cost :- FREE



Session will cover

25 types of Pranayam
Bhramari Pranayam
Omkar Pranayam

Lead a healthy lifestyle without Sleep issues – Digestion – Asthama- Spondylitis - Migrain- Stress – Joint and back pains – Anger – Sorrow – Anxiety

“Pranayam therapy” is the best answer for such complaints.

Apart from physical improvement, habit of concentration is developed and the sense of harmony is inculcated.

Positive thinking is encouraged. Stable mind developed.

Since all these factors are contributory to our physical health, one can be rest *assured of healthy life for future with all the happiness* and enthusiasm.

Story published in The Indian Express, Pune Newline “The real cool dude” on June 2 2014



About our Mentor : Mr. Vasant Joshi

He has been teaching pranayam without charging a single dime for the last eleven years. A resident of Kothrud who is retired from LIC in 1960. Till date he has taught more than 1500 enthusiasts in the city and plans to continue his passion in the future

Registration: Email @ eventsdesk@venturecenter.co.in

Or call : 020-25865877