

FREE 1-HOUR RELAXATION SESSION

By 
THE ART OF LIVING



中文(Chinese)



हन्दी (Hindi)



தமிழ் (Tamil)



বাংলা (Bengali)

SIGN UP HERE:

தமிழ் (Tamil) <https://tinyurl.com/relax140>
বাংলা (Bengali) <https://tinyurl.com/relax110>
中文(Chinese) <https://tinyurl.com/relax120>
हन्दी (Hindi) <https://tinyurl.com/relax130>

Join us for a relaxation session that will introduce secular breathing techniques and light stretches, to reduce stress and anxiety during this period. Taught by experienced Art of Living teachers, in Tamil and Bengali. No mat needed, just bring yourself!

WHEN?

Starting from 15.04.20

Bengali: Every Monday, 2.30pm
Every Sunday, 2.30pm

Tamil: Every Wednesday, 4pm
Every Sunday 10am

Chinese: Every Friday, 10am

WHO CAN JOIN?

Anyone! No experience needed.

HOW?

Zoom call on mobile phone (link will be provided to your phones).
The exercises are suitable for sitting or standing in a dorm.

LANGUAGES?

Tamil and Bengali

Find out more at
sgmigrant.com

