**CIRCULAR**

**Date : 01/08/2012**

**Jagat Pavan Adhyatmik Kendra,**  IFFCO Paradeep ( Jagannath Temple) will organise a spiritual workshop on **" Breath - Water & Sound".** Workshop will be conducted by faculty from renowned spiritual group **" Art of Living, Paradeep centre "** as per details below

Date : 06/08/2012 to 08/08/2012

Time : 07.00 PM to 09.00 PM

Venue : Ground floor of Guest House

The workshop would include:

\* Asanas, yoga, pranayam & Warm up session  
\* 20 minutes Meditation  
\* Experience sharing and Benefits of Yoga and Meditation  
\* The tendencies of the mind  
\* Sources of energy  
\* The science & secrets of breath  
\* Nature of stress  
\* Benefits of breathing technique

This programme is open for all IFFCO employees with spouse to get the maximum benefit. All are requested to give their names to any one of the following employees on before **04/08/2012.**

**Shri P H Patel ( Intercom 4032 )**

**Col S. Mishra ( Intercom 4064 )**

**Shri A P Tripathi ( Intercom 4373 )**

**Shri S P Rath ( Intercom 4607 )**

With regards,

( P. H. Patel )  
Working President,

Jagat Pavan Adhyatmik Kendra

Phone : 06722-224032(O), 06722-225032(R)  
MB - 09937294605

CC : SGM : For kind information