

CIRCULAR

03rd August 2019

Sub: Art of Living Meditation Programme

This is to inform all concerned that a Special Online Happiness Program called as ANAND USTAV (SUDARSHAN KRIYA, YOGA, PRANAYAM & MEDITATION CLASS) will be held via live webcast Pan India from 16th to 18th August 2019 with Sri Sri Ravi Sankarji .

Duration : 15 – 18 August 2019, (Sri Sri will be live from 16 - 18 August 2019)

Timing:

15TH August 2019 Time 7 to 9 pm (Session with Aol teacher) evening (optional)

16TH August 2019 Time 6:00 pm to 9:00 pm (live with Sri Sri) evening

17TH August 2019 Time 6.00 pm to 8:30pm (live with Sri Sri) evening

18TH August 2019 Time 8:00 am to 1:00 pm (live with Sri Sri) morning

(Program will be live webcast from Bengaluru Ashram, so please maintain the timing.)

Venue : IFFCO RECREATION CENTER, PARADIP. (In case of No. of Participants are less than 20, then the Venue will be IOCL Auditorium);

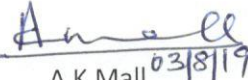
Donation : INR 1000/- (Donation will be collected by V V K India, repeaters also need to pay) (Minimum 20 participants)

- Restore life's natural rhythm of happiness with Sudarshan Kriya (Ancient knowledge in contemporary application)
- The key to happiness is under your nose (Discover the secrets of breath)
- Take the plunge! (Experience the Happiness)
- Inhale Good Health, Every day!, -- Breathe Right, Stay Happy, Lifelong !

Interested participants are requested to nominate himself/herself and their dependents with IFFCO Recreation Club as well as contact no. mentioned here:

9937556554 | 7077721507 | 8280131912 | 7077721514 | 6370290789

Nomination can also be sent through mail to: jkpandey@iffco.in / kumudagarwal@iffco.in / akbehera@iffco.in / spattanaik@iffco.in (Nomination Form is enclosed).


A K Mall 03/8/19
DGM (P&A)