



On the occasion of International Day of Yoga, Sir H. N. Reliance Foundation Hospital & Research Centre welcomes you to attend **complimentary yoga sessions** from **Monday, 17th June to Saturday, 22nd June, 2019**. These hour long sessions conducted by our experienced & trained faculty, will guide you through a set of practices customized for various health conditions and have overall health and healing benefits.



VENUE:

Yoga Studio, Level 3
Heritage Building

	Monday 17 th June, 2019	Tuesday 18 th June, 2019	Wednesday 19 th June, 2019	Thursday 20 th June, 2019	Friday 21 st June, 2019	Saturday 22 nd June, 2019
8:00 am to 9:00 am						
9:00 am to 10:00 am	Strong back	Healthy Heart		Lung power		Strong back
10:00 am to 11:00 am					Healthy Heart	
11:00 am to 12:00 noon	Lung power	Strong back		Thyroid balance		Lung power
12:00 noon to 1:00 pm					Healthy & Safe Pregnancy	
2:00 pm to 3:00 pm			Healthy Heart			
3:00 pm to 4:00 pm						
4:00 pm to 5:00 pm			Thyroid balance			

FOR REGISTRATION & INQUIRES:



rff.eventdesk@rfhospital.org



9594622086 / 9920458199

- Prior Registration Mandatory • Loose Comfortable Clothing & Light Stomach Advisable.



www.rfhospital.org

Address: Sir H. N. Reliance Foundation Hospital & Research Centre,
Prarthana Samaj, Girgaon, Mumbai - 400 004

EMERGENCY NO.:
022-61305005

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