

Consulate General of India, Hong Kong  
invites all to join us for a day of

Yoga

in the run up to the

International Day of Yoga 2023

S. No.	Topic	Time	Instructor
1	Vinyasa Flow Yoga	10:00-10:40 am	Casablanca from Tristhana Yoga
2	Yogathon (Yoga of Joy, Happiness, Music & Meditation)	10:50-11:30 am	BK Rohini from Brahamkumari's Rajayoga Centre
3	The Dawn of Innateness - Surya Namaskar	11:40-12:20 pm	Micha Chan from Yoga point
4	Vinyasa Flow	12:30-1:00 pm	Rekha Day from LMYC
5	Yuvaayoga 16 Asana	1:30-2:10 pm	Dr. Yuva Dayalan from Yuvaayoga
6	Laughter Yoga	2:20-3:00 pm	JayJay from Laughter Yoga
7	Flourishing with Yoga and Positive Psychology	3:10-3:50 pm	Honey Pamnani from Inspire2Aspire Consulting
8	Relaxation Yoga	4:00-4:30 pm	Dr. Indrani Trivedi from CGI

on Saturday, 10 June 2023 at Consulate General of India

(16-A, United Centre, 95 Queensway, Admiralty)

for registration for one or multiple sessions, please scan the QR code below



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