



**DATTA SAHAJ YOGA MISSION (UK) CORDIALLY INVITES YOU TO CELEBRATE INTERNATIONAL DAY OF YOGA**

**ON 21<sup>ST</sup> JUNE AT WILSON'S SCHOOL , MOLLISON DRIVE, WALLINGTON , SM6 9JW**

**TIME : 7.00PM – 9.30PM**

**PROGRAMME :**

7.15-7.30 PM – WELCOME AND INTRODUCTION

7.30-8.00 PM- YOGA SESSION WITH DONNA NOBLE-CURVESOME YOGA

8.00-8.15 PM – VIDEOS ON YOGA AND MEDITATION

8.15-8.30 PM – PRANAYAAM BY HANSA PATEL – DSYM

8.30-8.50 PM – ESSENCE AND BENEFITS OF MEDITATION – BRAHMA KUMARIS

8.50-9.00PM -MANTRA CHANTING – DSYM

9.00-9.15PM – MEDITATION- DSYM

9.15-9.30 PM – CLOSING MESSAGE ON IDY



***YOGA INTEGRATES MIND , BODY & SOUL.***

**PLEASE BRING YOUR YOGA MAT , FAMILY & FRIENDS!**

[www.dsym.co.uk](http://www.dsym.co.uk)