



# YOGA SESSION

ESSENCE OF LIFE – MIND AND BODY WORK OUT

## YOGA: FIGHT STRESS AND FIND SERENITY

Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety.

The potential health benefits of yoga include:

- Stress reduction.
- Improved fitness. Practicing yoga can lead to improved balance, flexibility, range of motion and strength.
- Management of chronic conditions. Yoga can help reduce risk factors for chronic diseases.



We ONLY open for MAXIMUM 40 Participants!  
\*Registration is Free

So make sure to register via email or on the Registration Desk on October 2 (Fri.) or 3 (Sat.), 2015.

Further inquiries; please contact the Secretariat of AOCO2015 as below.

## YOGA SESSION 8<sup>TH</sup> AOCO 2015

In the middle of your works, how fun is it to have a way out to relax and reducing your stress. So we provide you a Yoga Session in the middle of AOCO 2015. This session will be hosted by Dr. Pallavi Sodhi Patankar, Sec Gen – AOASO, Imme Past President of AI-AARO who also proficient in yoga and had her Advance Diploma on Yoga in Mumbai University.

Yoga Session will be take place:

- Day: Sunday, 4<sup>th</sup> October 2015
- Time: 6:50–7:50 am
- Venue – Hall 5 (131 + 132, 3F, Bldg.1)

What you need to prepare if you want to join this Yoga Session:

- Wear comfortable clothes
- Bring your own drinking water
- Bring mid to large size of towel
- A small Napkin