

## Gargi College

in association with Isha Yoga Foundation brings to you

### “Yoga for Peace”

To respond to this challenging time to the best of our ability, it's vital that we maintain a sense of health, inner peace, and balance. This session includes simple yet powerful tools to foster health and peace from within, making it a constant presence in your life.

#### **No registration required**

Live session by trained Isha Yoga instructor  
No previous experience of Yoga required  
Simple practices which take just 5 minutes a day

#### **Includes a powerful guided meditation**

- The session will begin at 5 pm on 16th November 2020.
- Please ensure that you connect at least 5 to 10 minutes before the session.

To join the session, please click on this link:

[bit.ly/IshaOnlineOfferings](https://bit.ly/IshaOnlineOfferings)

Please make note of the following guidelines to make the best use of what is being offered:

- Dedicate 60 minutes exclusively for this session
- It is best to avoid any interruptions or distractions like getting up, eating, drinking, or going to the restroom.
- If you have children or pets that might interrupt you, please ensure that they are taken care of for the duration of the session.
- You should be somewhat hungry or on a light stomach, which is the optimal condition for you to stay alert through the session (1.5 hours after a meal).
- Ensure you have a steady internet connection.
- It is best to connect through a laptop and keep your phone switched off.
- It would be best to use headphones.
- It would be best to wear light organic clothing like cotton, linen & hemp.

We request you to promote the Yoga session amongst the students, professors and their family members so that more people can participate and get benefitted from the same!

Warm Regards  
Dr. Jasvinder Kaur (Convener)  
Gargi College