



SUPREME COURT BAR ASSOCIATION PRESENTS



Yoga and Meditation Session
*"Feel Stress-Free and Boost Your Lungs and
Immunity By Arham Dhyan Yog And
Pranayam"*

Day & Date : Sunday, 02.05.2021
Time:4:00 pm to 6.00 pm

*Presented By : AJAY KUMAR JAIN, ADVOCATE
AND ARHAM DHYAN YOG TRAINER*



Instructions to the participants:

This will be a practical session so please:

- Wear comfortable dress
- Preferably use a floor mat for sitting down
- Please finish lunch by 1:30 pm

Zoom meeting id.:86901257242
Passcode:795512

Ardhendumauli K. Prasad
Hony. Secretary, SCBA