

EMBASSY OF INDIA LUANDA

YOGA CLASSES IN EMBASSY OF INDIA. LUANDA

Here are some snapshots from the regular Yoga classes being conducted in the Indian Embassy - daily (Monday to Friday) from 4.30 to 5.30 PM. The classes are conducted by Yoga Teacher Mr. Anand Vardhan.

The classes cover basic techniques for beginners and eventually move on to Asanas or Yoga postures, Pranayam or breathing exercises, Meditation and Relaxation techniques. The Yoga classes have attracted interest and participation from local citizens as well as members of the diplomatic corps and Indian community - thus contributing to raising awareness of the many benefits of practicing Yoga. @ayushidy #IDY #MDNIY #Yoga #MDNIYCourses #AYUSH #ZindagiRaheKhush



