



SAI DATTA PEETHAM & CULTURAL CENTER SHIRDI IN AMERICA®

[A 501 (C) (3) Non-Profit Organization, Fed ID # 46-0599196]
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SDP Surya Yoga

Invites everyone participate in

International Yoga Day

A Yoga centric day with awareness and experience

Sunday, June 21, 2020

Be a part of the IDY 2020 by participating in the sessions conducted by Sai Datta Peetham with **Dr. Vijaya Nimma, MD** Certified Yoga Instructor, SDP Gurukulam



Dr. Vijaya Nimma MD



With every passing year, International Day of Yoga (IDY) has received stupendous response from people from all walks of life, caste, creed, and age globally. As the world gears up to celebrate the 4th edition of IDY, get your yoga mats out, up your enthusiasm and join the bandwagon!

Yoga bestows you with a healthy body, mind and adds quality to life. Yoga helps you to stay calm and composed, while you tackle the stress and 'Promise to Yoga' is an initiative urging people to live a peaceful, joyous, healthy, and holistic life.

Program:

- 06:00 AM to 07:00 AM Yoga session at **Sai Datta Peetham**
- 04:00 PM to 05:00 PM Yoga session at **Sai Datta Peetham**



Registration are required to participate in above schedule, Please register by calling these numbers on or before 19th June @ Raghu Sarma Sankaramanchi- 516 359-8178, Peetham - 732 809-1200 or Dr.Vijaya Nimma- 973 704-1055