

FREE 1-HOUR RELAXATION SESSION

By  THE ART OF LIVING



SIGN UP HERE:

<https://forms.gle/tHjejE64RpHEF3SY9>

OR contact Wei Fen 8100 3502, Charlene 91892265

Join us for a relaxation session that will introduce secular breathing techniques and light stretches, to reduce stress and anxiety during this period. Taught by experienced Art of Living teachers, in Tamil and Bengali. No mat needed, just bring yourself!

WHEN?

Starting from 15.04.20

Bengali: Every Monday, 2.30pm

Every Sunday, 2.30pm

Tamil: Every Wednesday, 4pm

Every Sunday 10am

Chinese: Every Friday, 10am

HOW?

Zoom call on mobile phone (link will be provided to your phones).

The exercises are suitable for sitting or standing in a dorm.

WHO CAN JOIN?

Anyone! No experience needed.

LANGUAGES?

Tamil and Bengali