

YOGA FOR RESILIENCE: ART OF LIVING- June 18th-21st 2020



Build Strength



Boost Immunity



Improve fitness



Deep rest and relaxation

This is the time for all of us to look inwards and find our inner strength in order to combat the crisis the world is going through today. This International Day of Yoga, get #YogaFit with the Online Sri Sri Yoga Program, featuring an exclusive session with Gurudev Sri Sri Ravi Shankar.

This program with a special focus on building immunity and resilience, will equip you with just the tools you need to cope with the challenges we're facing - all of this from the comfort of your homes.

Source : Art of living