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## NIRVANA YOGA FOR POSITIVE HEALTH

- Stress Management.
- Improving lung capacity and breathing.
- Develop and Maintain the strength of the joints and prevent its degeneration.

## SESSION DATES

SUNDAY, JUNE 21, 2020 - 08:00 AM

## CONDUCTED BY

## ANISH R V

Director of Institute of Nirvana Yoga Guest Faculty of Yoga, University of Kerala Yoga Professional Certified by Ministry of AYUSH, Govt. of India

Dr. Jithin Rajeev CDH 9562456550