

Do we long for a better living that is stress free and a better mental, physical, spiritual and social state?

Do we want to prevent memory loss and enhance our memory, concentration, willpower, resolution power?

Do we want to attain a balanced state of emotions?

Do we want to prevent and cure cardio-vascular diseases?

If 'YES' PRANAYAMA is the answer

*YOGA CENTRE OF TEZPUR UNIVERSITY
ANNOUNCES PRANAYAMA CAMP FOR TEZPUR
UNIVERSITY FRATERNITY*

Date: 18th to 24 February, 2020

Time: 4.15 pm to 5 pm

Venue: Yoga Centre

*Registration: online (yoga@tezu.ernet.in) and offline (Yoga Centre
5pm to 6 pm weekdays)*

Contact: 6900526173 mail: yoga@tezu.ernet.in

Joining Fee to be paid at the Yoga Centre