

# **Prabhavati Devi - Soham Ashram**

The register charity organization

Invites everyone cordially for celebration of

## **Yoga cliniK 7th Anniversary**

**With Free yoga day and food packs distribution.**

Objective: start the auspicious day of year in Healthy way with yoga and meditation AND celebrate the yoga clinic anniversary distributing Thousand Foot packs Date; 30 March 2025

Very Auspicious Day "Gudi Padva" off divine Auspicious energy.

**Venue: prabhavati Devi - soham ashram**

**Address: 9A Basin View Lane. Panmure**

IMP: for yoga and nutrition sessions seats are Limited: Pre-registration is required. Please RSVP: call/txt +64 22 562 9762 to book your place for yoga meditation session

Registration: 5.40 to 6.00 AM

Chakra activation and balancing [Mantra healing & meditation] 6.00 to 8.00

Question answers and break: 8.00 to 8.30

Micro Yoga session: 8.30 to 9.30

Question answers and break: 9.30 to 10.00

Yoga session: 10.00 to 11.00

Food pack distribution: 11.00 to 14.00