



GARWARE CLUB HOUSE

“SWARA YOGA”

2 DAYS WORKSHOP

BY RAJESH SINGH



FOR MEMBERS AND THEIR FAMILY MEMBERS

“SWARA YOGA” IS AN ANCIENT SCIENCE WHICH INVOLVES THE SYSTEMATIC STUDY OF THE BREATH FLOW THROUGH THE NOSTRILS (OR SWARA) IN RELATION TO THE PREVAILING PHASES OF THE SUN, MOON, TIME OF DAY AND DIRECTION.

IN THE BANQUET HALLS FROM

05:00 PM TO 07:00 PM

WEDNESDAY, 5TH APRIL, 2023

THURSDAY, 6TH APRIL, 2023

DOOR OPENS AT 04:30 PM & SHUTS AT 05:00 PM

WEAR LOOSE/COMFORTABLE ATTIRE .

REGISTER AT MAIN RECEPTION ON FIRST- CUM-FIRST-SERVED

BASIS OR EMAIL AT : gchyoga@garwareclub.co.in.

REGISTRATION CLOSES ON 2ND APRIL, 2023 BY 10:00 PM.

Administration Executive



GARWARE
CLUB HOUSE

SWARA YOGA

The Ancient Science Of Breathing

2 DAYS WORKSHOP

For Members & their Family Members

WEDNESDAY, 05TH & THURSDAY, 06TH APRIL, 2023

IN THE BANQUET HALLS FROM

05:00 PM TO 07:00 PM

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Name of Member	:	
Membership No.	:	
Date of Birth	:	
Gender	:	
Mobile No.	:	
Ailments if any you wish to get cured	:	
Question you desire to ask	:	1. 2.

- ➡ **DOOR OPENS AT 04:30 PM & SHUTS AT 05:00 PM**
- ➡ **WEAR LOOSE/ COMFORTABLE ATTIRE**
- ➡ **REGISTER AT MAIN RECEPTION ON FIRST- CUM-FIRST-SERVED BASIS OR
EMAIL AT : gchyoga@garwareclub.co.in**
- ➡ **REGISTRATION CLOSSES ON 2ND APRIL, 2023 BY 10:00 PM.**

ENTRY FREE FOR MEMBERS

Member's Signature :