



सत्यमेव जयते
EMBASSY OF INDIA
THE HAGUE



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्

The Gandhi Centre
Embassy of Of India, The Netherlands

Day	9:00-10:00 Hrs	10:30-11:15 Hrs	11:30-12:15 Hrs	17:30-18:15 Hrs	18:00-19:00 Hrs	19:00-20:00 Hrs
Monday	Yoga for well being	Pranayam & Meditation	Therapeutic Yoga		Intermediate Certification Course	
Tuesday	Yoga for well being	Pranayam & Meditation	Yoga for Diplomats			Outreach class (Arya Samaj Mandir)
Wednesday	Yoga for well being	Pranayam & Meditation	Therapeutic Yoga		Beginners-Certification Course (Batch I)	
Thursday	Yoga for well being	Pranayam & Meditation		Yoga for Ambassadors		
Friday	Yoga for well being	Pranayam & Meditation	Therapeutic Yoga			Yoga for well being
Saturday				Beginners-Certification Course (Batch II) 17:00-18:00 hours		



for more info

☎ 070-322 9576/ 0684094072

✉ gandhcentre.thehague@mea.gov.in

📍 The Gandhi Centre, Parkstraat 99, 2514JH, The Hague.