



INDIRA GANDHI DELHI TECHNICAL  
UNIVERSITY FOR WOMEN



*You're  
Invited!*

## YOGA TRAINING

*Organised by IGDTUW Hostel*

**Every Monday to Saturday**

Under the Expertise of 3 Yoga  
Trainers from Delhi  
Pharmaceutical Sciences and  
Research University



### **VENUE**

**IGDTUW Main Lawn**

### **TIMINGS**

**7 a.m. to 8 a.m.**

**Yoga adds Years to your Life, and Life to your Years.**



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