

# INTERNATIONAL YOGA DAY

This Yoga Day, share your favourite Yogasan on social media with hashtag #DoYogaBeatCorona and tag @CeptUniversity1



A practical session on Chair Yoga, Pranayama, Relaxation & Meditation

**Trainer : Devinder Singh Bhusari**  
(Heartfulness Meditation Trainer & Director, Shaishya Tennis Academy)

Zoom meeting ID: 927 063 0096  
Passcord: 009751

**CEPT**  
UNIVERSITY

