



Bombay Chartered Accountants' Society

Human Resource Development Committee - HRD Study Circle Meeting  
Chairman: CA Govind Goyal / Co Chairman: CA K.K. Jhunjunwala  
Co-coordinators: CA Gracy Mendes, CA Mahendra Turakhia & CA Sneh Bhuta

## International Yoga Day Celebrations

{BCAS jointly with MABAP Foundation}

- HYBRID MODE

We invite you, along with family and relatives to the International Yoga Day Celebration

Day & Date	Wednesday, 21st June, 2023
Time	7.00 am to 9.00 am followed by Breakfast
Topic	<b>“Simple Yoga Asanas for all ages to remain flexible and strong” (Especially for the Busy Bee’s)</b>  1. Will explain benefits of common asanas for all ages to remain flexible and strong and healthy  2. Get rid of oesteo arthritis, knee pain, Blood pressure, Diabetes and be disease free”
Faculty/Presenter	Shri Pradeep Thakkar  (Accredited Yoga Teacher)
Physical Venue  (On first come first served basis, depending on capacity in Hall)	Saphire Banquets, Prestige Veg. Treat, Opp. McDonald’s, Sahar Road,  <b>Opp. Andheri Railway Station, Andheri East</b> , Mumbai 400069  Tel: 022 26847866/67  <a href="#">Google Map Location</a>
Online	On Zoom
Registration Link	Click/Copy Paste link into Browser  Link - <a href="https://us06web.zoom.us/webinar/register/WN_P1PZaAITQIOcofE1tSpYA">https://us06web.zoom.us/webinar/register/WN_P1PZaAITQIOcofE1tSpYA</a>
Instructions	<ol style="list-style-type: none"><li>1. Kindly bring the Yoga Mat/Dhari</li><li>2. Please wear loose clothes for Asanas</li><li>3. Chairs will be provided to those who can’t sit on floor</li></ol>

**Content:**

Mr. Pradip Thakkar is a Professional Yoga teacher and also an active member of ISH Foundation. (International Spiritual Healing Foundation) and MABAP Foundation

He will demonstrate and guide participants to perform different Asanas with ease, and comfort for healthy body and mind relaxation. He will explain the benefits of each Yoga Asana.

Please register and attend to learn and benefit from the learning.

Sincerely,

CA Gracy Mendes, CA Ryan Fernandes, CA Mahendra Turakhia

HRD Study Circle Convenors