



Bombay Chartered Accountants' Society  
ISO 9001:2015 Certified

Human Resource Development Committee  
Chairman: CA Mihir Sheth  
Co Chairman: CA Anand Kothari  
Co-coordinators: CA Gracy Mendes, CA Vinod Jain

**INTERNATIONAL YOGA DAY CELEBRATION**  
{BCAS jointly with MABAP Foundation}

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

<b>Day &amp; Date</b>	Friday, 21st June, 2024 <a href="#">Add event to Outlook Calendar</a>
<b>Time</b>	7.00 am to 9.00 am followed by Breakfast
<b>Topic</b>	<b>Simple Yoga Asanas to be flexible and strong, for all ages to remain in Good Health</b>
<b>Faculty/Presenter</b>	<b>Shri Pradeep Thakkar</b> (Accredited Yoga Teacher)
<b>Physical Venue</b> (On first come first served basis, depending on capacity in Hall)	<b>Saphire Banquets, Prestige Veg. Treat, Opp. McDonald's, Sahar Road,</b> <b>Opp. Andheri Railway Station, Andheri East,</b> Mumbai 400069 Tel: 022 26847866/67 <a href="#">Google Map Location</a>
<b>Registration Link</b>	<a href="#">Click Here</a>
<b>Instructions</b>	<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 Vinod Jain**  
**(Co-ordinators)**