



भारत का हाई कमीशन  
अकरा )घाना)  
HIGH COMMISSION OF INDIA  
ACCRA (GHANA)

27 October 2016

## **PRESS RELEASE**

### **Registration for Yoga Classes**

The High Commission of India, Accra is pleased to announce the commencement of registrations for new batches of Yoga classes in the Chancery premises from 1<sup>st</sup> November 2016. Yoga has been recognized world over as a holistic wellness discipline and the United Nations has recognized 21<sup>st</sup> June as the “International Yoga Day”.

The timings of the yoga classes will be as follows:

Beginner Morning	09.00 AM to 10.00 AM	Monday, Wednesday, Friday
	08.00 AM to 09.00 AM	Tuesday, Thursday
Beginner Evening	04.00 PM to 05.00 PM	Monday, Wednesday, Friday

The **free** of cost classes will be conducted by Yoga expert from India. For further information / registration you may like to contact the yoga expert at +233-307020905/904/903 & [yoga.hci.accra@gmail.com](mailto:yoga.hci.accra@gmail.com)

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