

LIFE IN YOGA

brings to you

Daily Online Yoga

with Dr Rajan Narayanan

Gentle, relaxing yoga to rejuvenate you

Practiced sitting on a chair (or mat)

Inclusive of Tantra & Hatha Yoga Styles



Every day, 5:30-6:30pm, EDT

Free for all

Registration link: [Click Here](#)

- **Guided meditation** to bring calm and stillness
- **Prana-kriya:** Easy stretching exercises for spine to de-stress
- **Pranayama:** Deep breathing exercises for mind-body balance
- **Mantra based exercises** to open energy channels for healing of body and mind and **developing inner awareness.**

Connect with us: Dr Bal Mukund Dhar (bdhar@agiraphotonics.com)