SDP Surya Yoga
Invites everyone participate in
International Yoga Day
A Yoga centric day with awareness and experience
Sunday, June 21, 2020

Be a part of the IDY 2020 by participating in the sessions conducted
by Sai Datta Peetham with Dr. Vijaya Nimma, MD
Certified Yoga Instructor, SDP Gurukulam

With every passing year, International Day of Yoga (IDY) has received stupendous response
from people from all walks of life, caste, creed, and age globally. As the world gears up to
celebrate the 4th edition of IDY, get your yoga mats out, up your enthusiasm and join the
bandwagon!

Yoga bestows you with a healthy body, mind and adds quality to life. Yoga helps you to stay
calm and composed, while you tackle the stress and ‘Promise to Yoga’ is an initiative urging
people to live a peaceful, joyous, healthy, and holistic life.

Program:
06:00 AM to 07:00 AM    Yoga session at Sai Datta Peetham
04:00 PM to 05:00 PM    Yoga session at Sai Datta Peetham

Registration are required to participate in above schedule, Please register by
calling these numbers on or before 19th June @ Raghu Sarma Sankaramanchi-
516 359-8178, Peetham - 732 809-1200 or Dr.Vijaya Nimma- 973 704-1055