Home away from home...
WHAT IS YOGA?

• It is a way of life.
• It is a discipline.
• It nurtures the mind, body and soul.
• It is therapeutic.
• It becomes a habit.
• It promotes a sense of well-being.
WHY YOGA?

• To become healthy or healthier.
• To reduce stress.
• To get rid of anxiety.
• To improve concentration.
• To become energetic.
• To feel happier.
PHYSICAL BENEFITS

- Body becomes agile.
- You feel fitter.
- Immunity increases.
- Improves stamina.
- Increases strength.
- You don’t catch infections easily.
MENTAL PEACE

• Helps you to cope better.
• Gives mental strength.
• Reduces stress.
• Elevates mood and reduces depression.
• Helps to focus better.
• Helps to study for longer stretches at a time.
WHAT NEXT?

• Join a group; company helps.
• Who better than your own AU friends and peers?
• Batch starting Dec 8th, 2014; ending 19th Dec.
• Mondays, Wednesdays & Fridays, 8am to 9am
ACTION TIME

• Enroll yourself and motivate others.
• Be quick; register soon to get fee benefit.
• Rs. 200 for registrations before Nov 30th; Rs. 250 after that.
• Register at your college or SSETU office.
Hope to see you at the yoga camp!!!