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**KAIVALYADHAMA®**  
Where Yoga tradition and Science meet

**100**  
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*We cordially invite you to*

# **BHARAT YOGA MALA**

AN INITIATIVE OF KAIVALYADHAMA TO CULTIVATE MENTAL RESILIENCE

&

# **SEMINAR ON SCIENCE OF YOGA**

**26 MAY, 2024**  
**9AM - 5PM**

**LIPIKA AUDITORIUM**  
**VISVA-BHARATI, SANTINIKETAN**

*Warm Regards*

**SHRI SUBODH TIWARI**

HON SECRETARY & CEO,  
KAIVALYADHAMA

**SAMIRAN MONDAL**

PRINCIPAL, VINAYA BHAVANA  
VISVA-BHARATI

SCAN TO REGISTER





**100**  
YEARS

KAIVALYADHAMA IS GARLANDING BHARAT WITH A UNIQUE TRADITIONAL YOGA PROGRAM DESIGNED TO SUPPORT MENTAL WELLBEING ACROSS THE COUNTRY. THE PROGRAM WILL TRAVEL TO 32 CITIES THROUGH THE YEAR AND PROVIDE OPPORTUNITY FOR INDIVIDUALS TO DELVE INTO THE PROFOUND IMPACT OF YOGA, WHICH IS A PATHWAY TO HEALING MINDS, MENDING HEARTS, AND STRENGTHENING LIVES.

THE PROGRAMS IS BEING OFFERED FREE TO ALL. JOIN US!



MAP IS FOR ILLUSTRATION PURPOSE ONLY