

**High Commission of India
Nairobi**

High Commission of India, Nairobi is pleased to announce arrival of Ms. Yogita K. Mehta, Yoga Teacher from the Indian Council for Cultural Relations (ICCR) in Nairobi to conduct Yoga classes and workshops. High Commission is organizing 2nd batch of one-month beginners' course on Yoga from **1st June 2019** at High Commission's Apa Pant Auditorium, Wangapala Road, Parklands, Nairobi.

2. The classes will be held 5 days a week (Monday to Friday) from 0630 hrs. – 0730 hrs, 0830 -0930 hrs and 1830 hrs – 1930 hrs. The course will be free of charge and admission to the classes will be on 'first come first serve' basis due to limited seats.

3. Interested persons may send a request for attending Yoga Classes with the following details on e-mail Id; yoga.nairobi@mea.gov.in with cc to ga.nairobi@mea.gov.in:

- (i) Name:
- (ii) DOB:
- (iii) Profession:
- (iv) Address with contactable Mobile No:
- (v) Email:
- (vi) Kenyan National ID No (Attach scanned copy):
- (vii) preferred time slot:

4. On allotment of time slot, a registration form will be given for submission along with latest passport size photograph before joining Yoga Session.

5. In coming days, High Commission is planning to organize workshops on Yoga in various schools and institutes in Kenya.

[Nairobi, 29 June, 2019]