



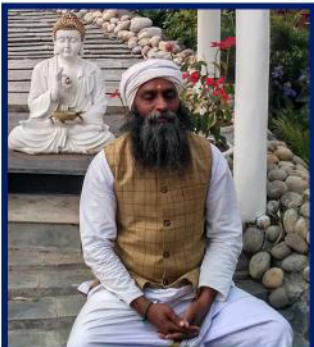
# INTERNATIONAL YOGA DAY

21<sup>st</sup> to 24<sup>th</sup> JUNE 2018



*Make your travel  
Reach a healthy destination  
in Chennai Metro Rail*

Regular practice of Simplified Yoga and Meditation can Relieve You from Depression, Diabetes, Heart Disorders and Other Ailments. It also helps to Improve Your Memory Power by Keeping Peace.



Pollachi Suthaveli Saba Yoga Master  
Thiru A.N. DHANASEKARAN

## Yoga camp Venues at Chennai Metro Rail Stations

Date	Morning 6.30 A.M	Evening 6.00 P.M
21.06.2018	Alandur	Egmore
22.06.2018	Saidapet	AG-DMS
23.06.2018	Vadapalani	Anna Nagar Tower
24.06.2018	Thirumangalam	Shenoy Nagar

**CHENNAI METRO RAIL MAKES TRAVEL EASY !  
YOGA PRACTICE MAKES LIFE HEALTHY !**

## **Chennai Metro Rail Celebrating International Yoga day with 4 days of yoga camps at Metro Stations**

As a part of International Yoga day, Chennai Metro Rail Limited in association with Suthaveli Sabhai, a Pollachi based Yoga Institution will be conducting Yoga camp from 21st June 2018 ( Thursday) to 24th June 2018 (Sunday). This camp will be conducted in two sessions; the morning session will be at 6 a.m. and the evening session will be at 6.30 p.m.

This simplified yoga camp is designed for all age groups between 8 years and 80 years old senior citizens to practice easily. A.N. Dhanasekaran, 40 years experienced Yoga Master will be conducting these camps at eight metro stations.

Yoga helps to keep fit and prevent depression, diabetes, heart diseases and other ailments. A life with good immunity, peace and happiness can also be achieved by Yoga. This yoga session is open for all age groups. Chennai Metro Rail Limited invites public with their families to participate, learn and explore a contented life

### **Yoga Camp venues at Chennai Metro Rail Stations**

<b>Date</b>	<b>Morning 6:30 to 8:30 Session</b>	<b>Evening 6:30 to 8:30 Session</b>
21.06.2018	Alandur	Egmore
22.06.2018	Saidapet	AG- DMS
23.06.2018	Vadapalani	Anna Nagar Tower
24.06.2018	Tirumangalam	Shenoy Nagar

**Chennai Metro Rail Makes Travel Easy  
Yoga Practice Makes Life Healthy!**