

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

Date	Morning 6:30 to 8:30 Session	Evening 6:30 to 8:30 Session
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!**