

Yoga camps at 8 metro stations from June 20

Chennai: Commuters walking to metro stations could learn a yoga pose or two before they board a train as Chennai Metro Rail Limited (CMRL) is organizing yoga camps at eight metro stations from June 20 to 23.

The camp, organized in association with Suthaveli Sabhai, a Pollachi-based Yoga institution, will be held as part of the International Yoga Day.

The camp will be held in two sessions — morning sessions at 6.30am at Central, Tirumangalam, Mannadi and Vadapalani stations and the evening sessions will be at 5.30pm at Saidapet, Egmore, St Thomas Mount and Ashok Nagar. A CMRL official said members of the public also can walk in to the metro stations and participate in the camp. TNN