

Join with Us

To release your stress and maintain physical wellbeing

Yoga Programme

Every **Tuesday** and **Friday** from **02nd May 2023** at **6.30 a.m. to 7.30 a.m.**

At Department of Physical Education

Yoga Session Conducted by. *Yoga Instructor, Mr. Thushara Poojitha*

Registration via link (Google Form):

<https://docs.google.com/forms/d/e/1FAIpQLSfLkmOBvIzPdpUFBn6wBcC2PubrXLlsyCv5RnQv1e86OMA0rw/viewform>



Organized by - **Department of Physical Education, University of Colombo.**

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