



THE INSTITUTE OF CHARTERED ACCOUNTANTS OF INDIA
Chapters in
Canada: British Columbia & Toronto
USA: Chicago, Dallas, Houston, San Francisco & Washington DC
jointly present

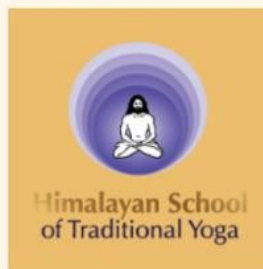


International Day of Yoga 2022 Celebrations

June 18, 2022 at 9:30 AM PST | 12:30 PM EST | Virtual Event



Mrs. Usha Lakshminarayanan
Head of Yoga Studies,
Himalayan School of Traditional Yoga
himalayanschool.com/yoga



Ms. Barbara Dizdarevic
Certified Yoga Instructor,
Himalayan School of Traditional Yoga
himalayanschool.com/yoga

Register at: www.icaai.us/yogaday2022

Partners: ICAI Representative Offices at New Jersey, Florida, Atlanta & Seattle

All are welcome to join the yoga day event!



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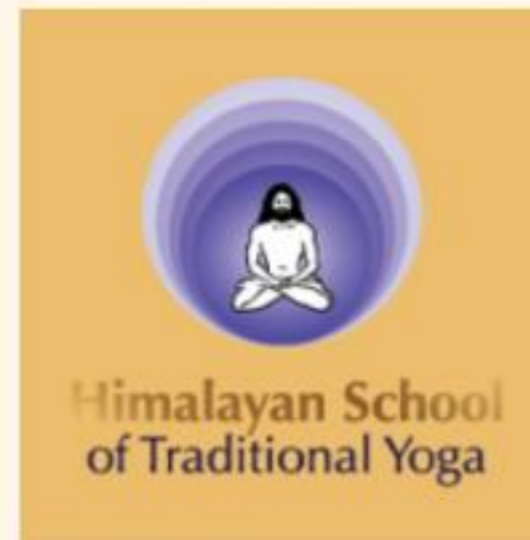


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Yoga day programme



Start Time(PST)

End Time(PST)

Agenda

9:30 AM

9:35 AM

ICAI and India National Anthems

9:35 AM

9:42 AM

Secretary-Director (ICAI British Columbia Chapter) and MC - CA Sonal Goyal will welcome and introduce the presenters Mrs. Usha Lakshminarayanan, Ms. Barbara Dizdarevic, and ICAI Chapters and Representative Offices in North America

9:42 AM

10:00 AM

Mrs. Usha Lakshminarayanan, Head of Yoga Studies, a senior teacher and faculty member of Himalayan School of Traditional Yogawill speak about Yoga - A holistic way of life!

10:00 AM

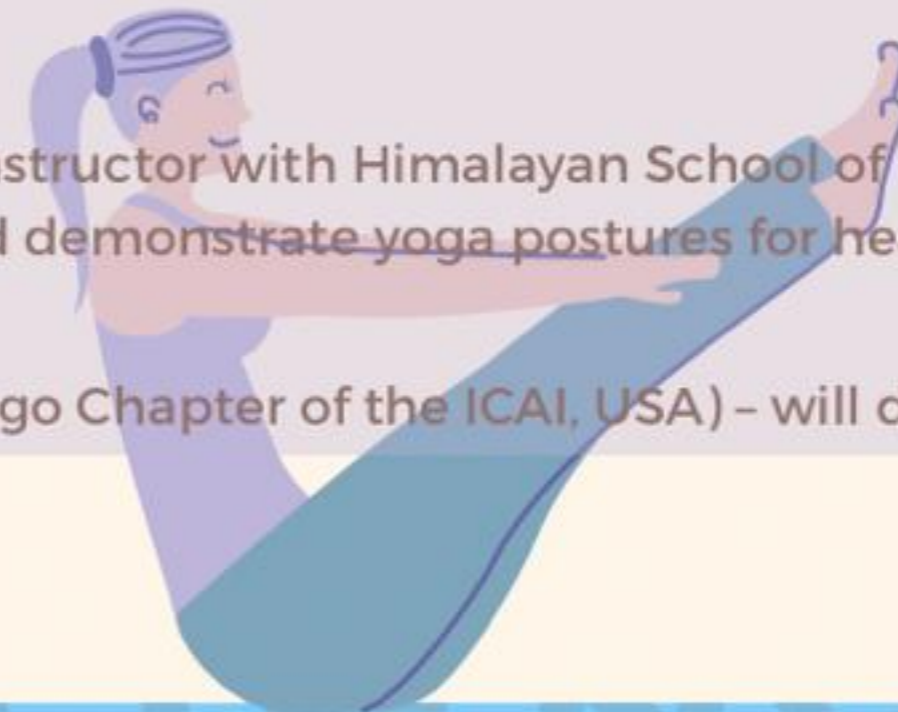
11:00 AM

Ms. Barbara Dizdarevic, Certified yoga instructor with Himalayan School of Traditional Yoga in India will speak about Yoga, and demonstrate yoga postures for healthy living

11:00 AM

11:10 AM

CA Gaurav Jain, Chairman, Chicago Chapter of the ICAI, USA) - will deliver Vote of Thanks



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JUNE 18, 2022 AT 9:30 AM PST (USA)