



The Institute of Chartered Accountants of India
TORONTO CHAPTER

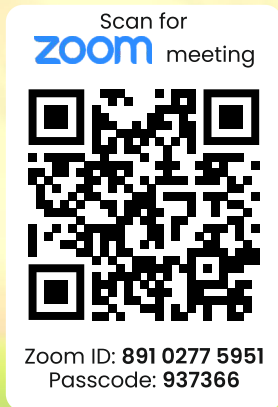


Namaste, Yoga Enthusiasts!

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- Tailored classes enhancing flexibility, strength, and inner peace.
- Accessible online platform from anywhere.



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S E S S I O N

First 10 Min - **STRETCHING** | Next 35 Min- **YOGA AASAN** | Last 15 Min - **MEDITATION**

EVERY SATURDAY
Time: 9 am to 10 am (EST)