

KALAKSHETRA FOUNDATION

F.No.08 / 2018 / Yoga / KF

19th July 2018

CIRCULAR

Subject: Yoga class for all the staff of Kalakshetra Foundation from 25.07.2018.

As a welfare measure towards a healthy living, Yoga classes will be held under the Banyan tree twice a week for all the staff of Kalakshetra Foundation from 25.07.2018 onwards as per the schedule given below:

Wednesdays and Fridays - 4.45 pm to 5.30 pm

An expert in yoga will guide the session. All staff of Kalakshetra Foundation may avail this opportunity to improve their health.


19/7/18
Revathi Ramachandran
Director

To

All the Unit Heads