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YOGA CLUB



TITLE : YOGA FOR WELL BEING

- Yoga connects the movement and flow of the mind and body with the rhythm and control of the breath.
- This causes us to focus inwards, increasing our physical and mental awareness.
- Pranayama (the fourth limb) is the practice of breath control, which is the source of our prana, or vital life force.

Venue: drawing hall

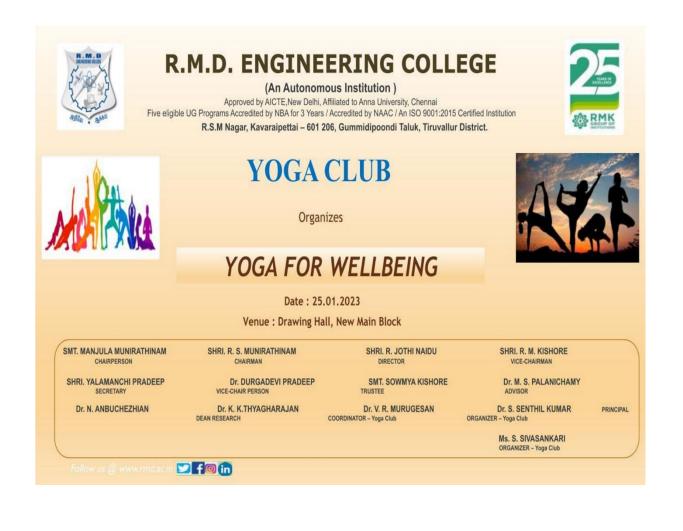
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