

वसुधैव कुटुम्बकम्



WORLD IS ONE FAMILY



Shree Neelkantha Yoga Kendra

Abhilasha-1026, Sector-3, UDYAN-2,
Raebareli Road, Lucknow - 226025



Regular Yoga Sessions

: Purpose :

Participants shall be guided so that they are enabled to prevent and cure themselves from various ailments such as: Asthma, Arthritis, Acidity, Obesity, B.P. (Low & High), Bronchitis, Backache, Constipation, Cough & Cold, Colitis, Heart problems, Diabetes, Gout, Goitre, Halitosis, Insomnia, Lumbago, Migraine, Enlargement of Prostrate glands, Hernia, Malfunctioning of Thyroids, Weak Eye sight, Weak Memory, Complexion Problems, Menstrual Disorders, Gastritis, Varicose Veins, Palpitations, Depression and so on.

: Sessions :

06:00 to 07:00 A.M. (For Ladies)

07:15 to 08:15 A.M. (For Gents)

06:00 to 07:00 P.M. (Common Session)

Open to all on all weekdays except Sundays
against advance registration
(above 12 years of age)

: Expert Yoga Therapist :

Bheem Singh

B.Tech, IIT Roorkee &
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