

Yoga program by Baba Ramdev at Nagaon

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The people of Nagaon soon going to be benefited by live Yoga training by Baba Ramdev under the local chapter of "Patanjali Vidyapeeth' Haridwar. The 2 & half hours program is scheduled to be held on 27 February'11 at local Nehru Bali field beginning at morning 5:00 AM.

It will cater to the need of common mass dealing not only with physical problem of our body, but emphasis will be on introducing Yoga benefits in our daily busy life to avoid tension created from mechanical way of living. Though, it is short program its advantage can be availed in long term by participating in experience sharing opportunity with Baba Ramdev. The program is open for all free of cost !

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BY BISHWAJEETSINHA

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