

Thursdays@Saakalya present:



Introduction to scientifically proven yoga techniques for successful management of personal and work-related stress.

Date: 10 March 2016

Time: 8:00pm – 10:00pm

Venue: 44 Jalan Merah Saga #03-48

Admission: free

RSVP: until 08 March to [info@saakalya.com](mailto:info@saakalya.com) or 9489 5790

