



इन्दिरा गाँधी राष्ट्रीय कला केन्द्र
INDIRA GANDHI NATIONAL CENTRE FOR THE ARTS



International Yoga Day

Indira Gandhi National Centre for the Arts
presents

BUDDHI YOGA

Playful approach to concentration and meditation

Using the ancient game of snakes & ladders

By Shri Aman Gopal Sureka

June 8 and 9 , 2018

11am to 1pm

Conference Room, C.V. Mess,
IGNCA

Free registration

website: www.ignca.nic.in;  : igncikaladarsana@gmail.com;

Follow us on  : @IGNCA |  : @ignca_delhi |  : @igncakd

RSVP: +91-11-23388155 (9:00 a.m. to 5:30 p.m.)