



Association of Medical Consultants Mumbai
presents



YOGA WEBINAR

Tuesday, 21ST JUNE 2022 | 6:00 AM - 7:30 AM

CONDUCTED BY



DR. SHILPA SABHARWAL

M.D.S PROSTHODONTICS

SENIOR INTERNATIONAL FACULTY - ART OF LIVING

Ministry of Ayush Certified Level-2 Yoga Teacher

Yoga protocol for Yoga Day

| Time | Yoga |
|-------------------|--|
| 6.00 am - 6.30am | Kapalbharti - Shining forehead. A cleansing kriya which helps in detox and weightloss Sukshma Vyayama Releasing all major joints and preparing body for asanas (powerful and healing yogic warmup). Neck and Shoulder Asanas Asanas for back and hips, Asanas to strengthen abdominal muscles and core, Knee and thigh strengthening Asanas. |
| 6.30 am- 6.40 am | Face Yoga - for anti aging, glow and double chin removal. |
| 6.40 am - 7.00 am | Yoga Nidra |
| 7.00 am - 7.05 am | Nadi Shodhan Pranayama |
| 7.05 am - 7.20 am | Meditation |
| 7.20 am - 7.30 am | Q&A |

Request participants to be ready in exercise clothes, with a yoga mat and bottle of water.



Dr. Nilima Vaidya-Bhamare

President



Dr. Hemant Dugad

Hon. Secretary



Dr. Reena Wani

Prog. Com. Chairperson



Dr. Dhiren Kalawadia

Convenor

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