

# Ladies & Kids

# Yoga

45 A,  
3rd Cross Street,  
VGN Nagar, Phase-I,  
(Road opposite to  
Udagai Pazhamudir  
Nilayam & near  
DABC Aishwaryam)  
NOLAMBUR,  
Chennai 95.

94442 37007  
94446 69746

- + Come experience the joy of yoga
- + Reduce stress, regain focus.
- + Weight Loss
- + Concentration and Memory Power
- + Yoga everyday keeps the doctor away.



**R**elax  
eplenish  
eive.

