

Join with Us

*To release your stress and maintain physical wellbeing*



# Online Yoga & Aerobic Programme

## Yoga sessions

Every **Tuesday** and **Friday** from 26<sup>th</sup> January 2021 at **7.00 a.m.** to 8.00 a.m.

## Aerobic/ Physical Fitness Sessions

Every **Wednesday** from 27<sup>th</sup> January 2021 at **7.00 a.m.** to 8.00 a.m.

Yoga Session Conducted by. *Yoga Instructor, Dr. Chamin Warnakula.*

Aerobic/ Physical Fitness Sessions Conducted by Department of Physical Education

Registration via link (Google Form):

<https://docs.google.com/forms/d/e/1FAIpQLSceBH3DWjwudVZzsmVVf9L2ABTL9JxWfCviuUfT269-vZTiAQ/viewform?vc=0&c=0&w=1&flr=0&gxids=7628>

For More Details :



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Organized by - **Department of Physical Education, University of Colombo.**

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