



International **Yoga** Day Celebration

Saturday 22nd June 10 AM – 2 PM
Darrick wood School, Lovibond Ave Bromley
BR6 8ER [Ample parking available]



Programme

Keynote Address on the Benefits of Yoga
Dr Sunil Gupta –NHS Blood Cancer
Consultant and Certified Yoga Instructor

Yoga and Pranayama
Demonstration-Sitansu Sahoo
and Sunil Gupta

Obesity and Type II diabetes
–Alternatives to surgery and
drugs, role of YOGA
Dr (Mrs) Kalpana Devalia
Consultant Bariatric Surgeon
Cleveland clinic

Mental Health: YOGA, the
new antidepressant
Dr Naresh Rasquinha
Consultant Psychiatrist and
Medical Director-Elysium
Health Care

Yoga for Wellbeing - Isha YOGA

How to Tackle Stress in Daily Life? -
Brahma Kumaris

Breathe Meditate Connect - Art of Living

Stem Cell Donor Registration -
DKMS (Bone Marrow Transplant Registry)

Light lunch

Chief Guest – The Mayor of Bromley
Cllr Dr David Jefferys

This is a free event but please register for us
to ensure we have right numbers for
catering.

For registration please email:
drsunilgupta@yahoo.co.uk

For further details please contact
Cllr Dr. Sunil Gupta - 07821967181
Mr. Sitansu Sahoo - 07438966961

This event is organized by
Healthy Living Yogashram

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