

Weekly Challenge and Workout

head rwc <head_rwc@siu.edu.in>

Mon, Sep 19, 2022 at 10:18 AM

To: AllDirectors <alldirectors@siu.edu.in>, allheadssociety@siu.edu.in, allstaff@siu.edu.in, allfaculty@siu.edu.in, allheadssiu@siu.edu.in, allsiustaff@siu.edu.in

Dear Sir and Ma'am

Fit greetings!

Sharing this Week's workout link below...

Yoga Flow-

<https://youtu.be/2ep3pRYUg4Y>

**Yoga challenge of the week-
Utthan Pristhasana — Lizard Pose**

Practice and share one image or 5-sec video of Workout and Yoga challenge on following Whatsapp numbers

1.9970678028-Lavale hill base and hilltop, Hyderabad, Noida, Nasik

2.9823150700-Old and new Viman Nagar, Khadki, Bangalore, Nagpur

3.8605383506-Sb road, Model colony, Hinjewadi.

Also, Join us for Online Yoga Session.

Online Yoga Session Link are attached below.

Sr.No	Activity	Timing	Link
1.	Pranayama and Yoga	7 am to 8 am	https://zoom.us/j/96431874957?pwd=WVdCaC9RUW9WtmZpbUtqc1A1b2ZCUT09

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Utthan Pristhasana — Lizard Pose.jpg
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