

Commencement of free Yoga Classes at Embassy of India, Luanda

(1 August 2018)

Free Yoga classes have started at the Indian Embassy premises (#47 Rua Commandante Nzaji, Alvalade, Luanda) from 1 August 2018 .

The classes are being conducted by Shri Anand Vardhan, Yoga Teacher in the Embassy, every day from Monday to Friday from 4.30 PM to 5.30 PM.

The Yoga classes will cover basic techniques for beginners and will eventually move on to Asanas or Yoga postures, Pranayam or breathing exercises, Meditation and Relaxation techniques.

The Yoga classes have attracted interest and participation from local citizens as well as members of the diplomatic corps and Indian community - thus contributing to raising awareness of the many benefits of practicing Yoga.