



ISS/WEBCIR/025/21-22

6th June 2021

ONLINE YOGA SESSION

Dear Parents and Teachers,

This is to inform that Indian School Sohar is organizing an Online Yoga Session for parents and teachers on **Monday, 7th June, 2021 at 05:00 p.m.** Kindly join us with the details given below:

Date: **Monday, 7th June, 2021**

Time: **05:00 p.m. (Oman time)**

Join the programme on Zoom

<https://us02web.zoom.us/j/85709210084?pwd=d3RDT05pV3pOVjNTTkdzSzQ5MEZSdz09>

User ID: 857 0921 0084

Passcode: 834167

YouTube Live Streaming Link:

<https://youtu.be/ZSYF-29z3 8>

Please note:

- 1) Kindly login by 4:45 p.m.
- 2) Up to 500 participants will be allowed in Zoom meeting room. Others can join live on YouTube.
- 3) If you feel any discomfort while performing the asana, please stop at once.
- 4) Eat at least 2 hours before the Yoga session.
- 5) Participation certificates will be issued to all active participants who submit feedback form. The feedback form will be posted in the chat box during the Zoom meeting and also in YouTube description.

Looking forward to an Insightful Yoga experience with you all...

Kindly do participate.

Stay Safe! Stay Healthy!

Sanchita Verma
Principal

Kamal Prasad Gurung
HOD (Physical Education)



INDIAN SCHOOL SOHAR



INTERNATIONAL DAY OF YOGA-2021



Parents and Teachers are cordially invited to join the
Online Yoga Session

on

Monday, June 7th, 2021 at 5:00 p.m.



Mr. Kuldeep Singh
Yoga Asana



Ms. Sudha Pitchiah
Breathing Exercises, Eye
Exercises & Meditation



Mr. Gagandeep Singh
Laughter Yoga

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User ID: 85709210084

Passcode: 834167

You Tube Live Stream Link:

https://youtu.be/ZSYF-29z3_8

***Participants will be awarded with an E-Certificate.**