

Experience tranquility and rejuvenation like never before with IASAP Pune Chapter's "Online Face Yoga" Session by Ms. Preeti Singh (Koshayog by Preeti) International certified yoga and face yoga coach, with 10+ years teaching experience.



FACE YOGA

Online Session

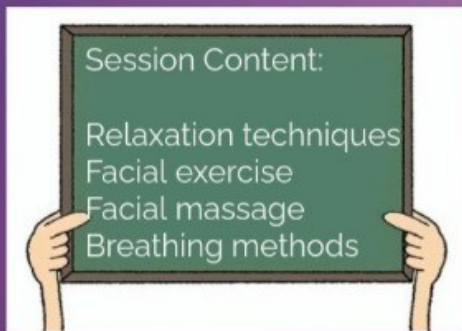
PLEASE CHECK YOUR EMAIL / IASAP W'APP GROUP FOR ZOOM LINK DETAILS!

9th
FEBRUARY

5^{pm}

TO

6^{pm}



REMEMBER!

No makeup

Required during the session:

A. Face Oil / Regular Moisturizer

B. 1 Glass drinking water



**"YOGA means addition:
Addition of energy, strength and beauty
to body, mind and soul..."**