

Dear Fellow Member,

### **Greetings from Delhi Management Association !**

We are pleased to invite you for an interactive & experiential interaction "**PHILOSOPHY OF YOGA**" with **Sandeep Gupta**, Founder Mindfulness Insights on **Dec 12, 2020 @ 8:00am PST (9:30pm IST)**. The session will be supported by Delhi Management Association and sponsored by Yoga Talk-Global Yoga Network, Los Angeles, California. Learn the Ancient Yoga Philosophy and incorporate the tips of yogic wisdom in your daily lives. In this 90-minute interactive & experiential workshop you will learn:

- Philosophy of Yoga (Founding principles) as per Bhagavad Gita & Patanjali.
- Yoga and the What, Why & How of human life.
- Simple & profound Yoga tools for a healthy, meaningful, happy & successful life.

This event is Free. To receive zoom link & participate, please register by clicking either of the links below:

<https://www.facebook.com/events/380887479684772>

or

<https://yogatalkallclasses.as.me/special-classes>

Kindly participate along with your colleagues and interact with Mr Gupta.

With warm personal regards,

#### **Rajan Pandhi**

Director

Delhi Management Association

#### **Profile of Sandeep Gupta**

Sandeep Gupta equips people, leaders and organizations with tools to think-better, find solutions, become a better version of themselves, positive change and thrive at work & home. Backed by 40 years of people & organization development experience, he is a Neuro-coach, Mentor, Trainer & Educator. He is also a keen student of human consciousness and has presented his thoughts and papers in India and abroad.