

F.L.T.M.S.B.P.GOV'T GIRLS COLLEGE REWARI

Health and Wellness Centre/Yoga Club/Women Cell

On the Occasion of Teacher's Day

Let's start your Journey of Meditation with us

All Staff Members are Cordially Invited in

Three Days Workshop on Meditation

On the theme of "INSPIRE" from 5th to 7th September 2024

Time : 11.00 A.M onwards

Venue : Hall No : 2 First Floor

**Day 1:
Relaxation,
Introspection
and
Meditation
Emotions.**

**Day 2:
De-clutter the
Mind**

**Day 3:
Prayer-
Connecting
with Higher
Self**