



Free HATHA YOGA Basic Course

(12 WEEKS – EVERY MONDAY 7 PM TO 9 PM)

Conducted by- **Nikam Guruji Yoga Kutir**



Venue: Sree Ramar Temple, 51 Changi Village Road,
Singapore 509908, Tel: (65) 6543 1463

Reg: Fee S\$10

NO Course FEE

ON GOING EVERY MONDAY

Open to Public (Age 12 years & above)

For further details, please contact

Mr R Rajesh - 9489 3738

or

rajesh.yoganikam@gmail.com

**BRING YOUR
YOGA MAT**

www.yoganikam.org

<https://www.facebook.com/nikam.yoga>

Free Hatha Yoga Basic Course @ Sree Ramar Temple



Basic Course Yoga Postures

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New Batch starts on 9th April 2018 (7pm – 9 pm)

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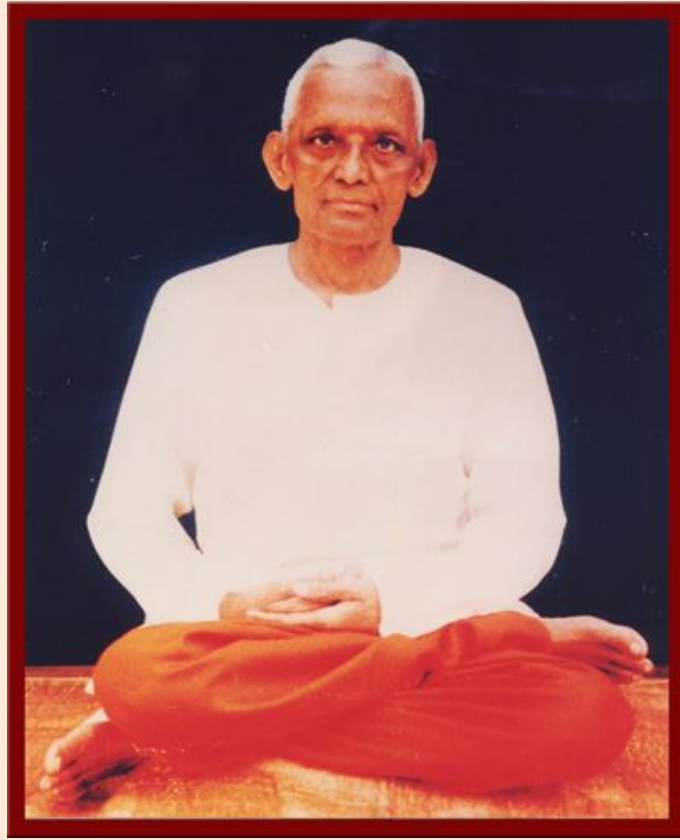


Posture to Admire (Our Instructors)

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“Our Inspiration ... Hathayogi Nikam Guruji”

Nikam Guruji Yoga Kutir