



SAIFEE HOSPITAL

under the auspices of Saifee Hospital Trust Reg. No. E-5448 (Bom)

HEALTH & HAPPINESS THROUGH YOGA, MEDITATION & PRANAYAMA

PROGRAMME CONDUCTED BY EMINENT DOCTORS

**Classes in Groups as well for Individuals (Special Rates),
Separate Classes for Gents and Ladies also available.**

Express & Empower your Emotions, Enrich & Enhance your life.

Be Powerful & Peaceful, Energise yourself.

THERAPEUTIC YOGA FOR

- BACK ACHE
- ACIDITY
- ANXIETY
- CONSTIPATION
- DIABETES
- BLOOD PRESSURE
(HYPERTENSION)
- ARTHRITIS
- INSOMNIA
- COLD & COUGH
- SINUSITIS
- ASTHMA

*Manage your Mind, Freedom from Stress
Health & Healing, Passage to Prosperity
State of Serenity, Be Blissful Relax & Revitalize.*

For any further information please contact :

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Your precious health in safe hands