



सत्यमेव जयते
EMBASSY OF INDIA
THE HAGUE



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्

The Gandhi Centre
Embassy of Of India, The Netherlands

NO.	CLASS	DAYS	TIME	DESCRIPTION
1.	 HATHA YOGA	Monday to Saturday	9:00 AM – 10:00 AM	A complete practice of asanas to improve strength, flexibility and overall well-being.
2.	 PRANAYAMA, YOGANIDRA & MEDITATION	Monday, Wednesday & Friday	10:15 AM – 11:00 AM	Breath regulation, deep relaxation and meditation for mental clarity and inner peace.
3.	 KIDS BATCH	Wednesday	4:30 PM – 5:30 PM	Fun and engaging yoga sessions for children to build focus, flexibility and happiness.
4.	 GENTLE YOGA (BASIC & SIMPLE)	Thursday	5:00 PM – 6:00 PM	Simple and gentle asanas suitable for all age groups and fitness levels.
5.	 GENTLE YOGA	Monday	4:00 PM – 5:00 PM	A relaxing practice to release stress and promote mind-body balance.

CERTIFICATE COURSE

BATCH	DAYS	TIME	LEVEL	FOCUS
 1. EVENING BATCH	Wednesday & Thursday	6:00 PM – 7:15 PM	Intermediate to Advanced	Deepen your practice with advanced asanas, pranayama and meditation techniques.
 2. MORNING BATCH	Tuesday, Thursday & Saturday	9:00 AM – 10:45 AM	Beginners to Intermediate	Build a strong foundation with asanas, pranayama, relaxation and yogic lifestyle guidance.

for more info

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