



**SAIFEE HOSPITAL**

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

*Health, Happiness and Healing through  
Yoga, Meditation & Pranayama*

**Power Yoga**



**Traditional Yoga**

**Yoga for Kids**

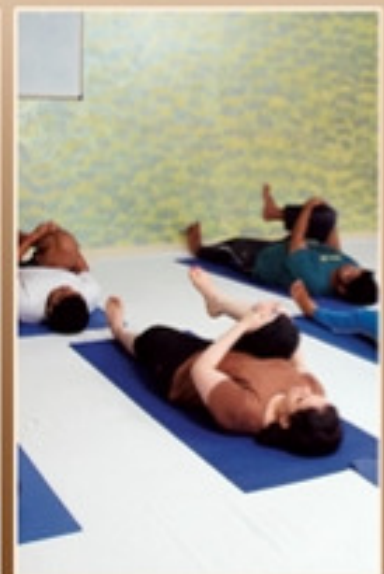


**Antenatal Yoga**

*Program conducted by qualified and  
experienced therapists*

*Classes in groups as well as for individuals  
(Special Rates)*

*Experience freedom from stress - Relax & Revitalize*



**For further information contact Tel: 022 67570111 – Extn. 756, 754**