

# CIO Klub, Coimbatore Chapter

Takes immense pleasure in inviting you for the

## **Wellness Programme**

Date : 26-August-2018 Sunday.

Time: 09:00 am to 02:00 pm.

Venue: Hotel Kiscol Grands, Tatabad  
Coimbatore.

# Wellness Programme - Agenda

9:00 - 9:20	Registration
9:20 - 9:30	Welcome address
9.30 - 10.15	Balanced living by Dr.Thilakavathy Naturopathy consultant, Secretary, Integral Yoga Institute, Coimbatore.
10.15 - 11.00	Every day Yoga by Mrs.Renuka R - Yoga teacher trainer.
11:00 - 11:15	Tea Break
11.15 - 12:00	Your Precious Heart by Dr.Chakravarthi MD, DNB, FACC. Professor & HOD Incharge, Dept of Cardiology, Coimbatore Medical College Hospital
12:00 - 13:00	Deep Relaxation by Mr. C.V.Kartikeyan Senior Yoga Teacher trainer, Manager, Light Of Truth Universal Shrine (LOTUS), Coimbatore.
13:00 - 13:10	Vote of thanks
13:00 onwards	Lunch