

Yoga Classes at High Commission of India, Kingston

S.N.	PLACE	DAYS	TIME	PARTICIPATION
1	Emancipation Park, Kingston, Jamaica	Wednesday	06:00 to 07:30 am	Yoga Class for all
2	Club India, Lady Musgrave Road, Kingston, Jamaica	Saturday	06:00 to 07:30 am	Yoga Class for all
3	High Commission of India, Kingston, Jamaica	Friday	08:30 to 09:30 am	Hindi & Sanskrit Class for all
4	High Commission of India, Kingston, Jamaica	Thursday	08:30 to 09:30 am	Special Yoga Class for body Cleaning & Weight Loss for all
5	High Commission of India, Kingston, Jamaica	Monday to Friday	09:30 to 11:00 am	Yoga Class for all
6	High Commission of India, Kingston, Jamaica	Wednesday	05:00 to 06:00 pm	Yoga Class for all Children

→ **All Classes are Free of Cost.**

Gopal Lal Sharma (TIC)

High Commission of India

Kingston, Jamaica