



# Patanjali Yog Peeth (UK) Trust

Reg Charity in England & Wales No.1115370 / Scotland No.SC041991



“Good health is humanity’s  
birth right”

*Baba Ramdev*

Learn Yog asanas  
and

Yog breathing technique

Excellent course to improve your  
health and well-being

## Assistant Yog Teacher Training Level 1

Self development and/or Refresher course

Dates

Nov 21st & 22nd - 2020

Nov 28th & 29th - 2020

Timing

09.00hrs to 13.00hrs

15.00hrs to 17.30hrs



Now get trained  
online on

**JioMeet**

**ID 175-362-4471**

(Password will be given on the day)

**Cost: £151.00**

Self development : £101.00

Refresher course : £51.00

**Training will be conducted online by Sarwan Poddar**

For Registration and further information please contact :- Tel: 0141 4277510

Darshanlal Sohal: mob: 07803149781

E-mail: [info@pypt.org](mailto:info@pypt.org)

Website: [www.pypt.org](http://www.pypt.org)