

Chai Masti activities for Feb 2012



	Week		Program	Facilitated by
1. 2.12	Wednesday	4-5:30pm	Yoga Session	Shri Ambika Yog Kutir
2. 2.12	Thursday	4-6pm	Card Game "Bridge"	Mr. Uttam Gianani
3. 2.12	Friday	4-5pm	Falun Dafa	Dr. Poornima Raina
		5-6pm	Games and Puzzles	

Week starts from 6/2/2012 to 10/2/2012

6. 2.12	Monday	4-5pm	Dance and be fit with Aerobics	Mr. Anoop Surkund
		5-6pm	Lezhim Exercises	
7. 2.12	Tuesday	4-5pm	Tai - Chi	Sifu Carlton Hill & Sifu Prashant
			Game Of Housie	
8. 2.12	Wednesday	4-5:30pm	Yoga Session	Shri Ambika Yog Kutir
9. 2.12	Thursday	4-6pm	Card Game "Bridge"	Mr. Uttam Gianani
10. 2.12	Friday	4-5pm	Falun Dafa	Dr. Poornima Raina <i>Ajay Pinjani</i>
		5-6pm	Fun With Salsa	

Week starts from 13/2/2012 to 17/2/2012

13. 2.12	Monday	4-5pm	Dance and be fit with Aerobics	Mr. Anoop Surkund
		5-6pm	Tips on Accupressure	
14. 2.12	Tuesday	4-5pm	Tai - Chi	Sifu Carlton Hill & Sifu Prashant
		5-6pm	Interactive Session on Valentines Day - Dress Code Red	
15. 2.12	Wednesday	4-5:30pm	Yoga Session	Shri Ambika Yog Kutir
16. 2.12	Thursday	4-6pm	Card Game "Bridge"	Mr. Uttam Gianani
17. 2.12	Friday	4-6pm	<i>A Session on the Life of Krishna with Mr. Surdas Prabhu from the Hare Rama Hare Krishna Group.</i>	

Week starts from 20/2/2012 to 24/2/2012				
20. 2.12	Monday	4-5pm	Dance and be fit with Aerobics	Mr. Anoop Surkund
		5-6pm	Laughter Exercises	
21. 2.12	Tuesday	4-5pm	Tai - Chi	Sifu Carlton Hill & Sifu Prashant
22. 2.12	Wednesday	4-5:30pm	Yoga Session	Shri Ambika Yog Kutir
23. 2.12	Thursday	4-6pm	Card Game "Bridge"	Mr. Uttam Gianani

24. 2.12	Friday	4-6pm	<i>A interesting Session on "Piloga" with Mrs. Vidya Shenoy</i>	
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Week starts from 27/2/2012 to 29/2/2012				
27. 2.12	Monday	4-5pm	Dance and be fit with Aerobics	Mr. Anoop Surkund
28. 2.12	Tuesday	4-5pm	Tai - Chi	Sifu Carlton Hill & Sifu Prashant
		5-6pm	<i>Birthday Celebration of all the February Babies and Babas</i>	
29. 2.12	Wednesday	4-5:30pm	Yoga Session	Shri Ambika Yog Kutir

Programme Subject to change due to Non Availability of Professionals

Manager, Dignity Chai Masti : Ms. Anarkali Velkar
 Manager, Chembur Office : Mr. M. Subramaniam
 Co-ordinator, Chembur Centre :Ms. Dianne Tauro

DIGNITY FOUNDATION

Chembur Office and Enrichment Centre(Basement)

C/O ADAPT- Skills Development Centre, Behind St. Gregorios School,

Off Sion Trombay Road, Chembur, Mumbai- 400 071..

Tel. No. 022- 25203872 / 73

"If we have no peace, it is because we have forgotten that we belong to each other."