



# KACHCHH DISTRICT TABLE TENNIS ASSOCIATION

(Affiliated to Gujarat State Table Tennis Association)

Reg. No.F-130

16.05.2018

## **C I R C U L A R**

### **Yoga Classes**

For the benefit of the member / non member, the Kachchh District Table Tennis Association (KDTTA), Yoga classes will start from 1<sup>st</sup> June, 2018 in evening 6 pm to 7 pm at the KDTTA premises.

Demo yoga class will be held on 22<sup>nd</sup> and 23<sup>rd</sup> May, 2018 (6 pm to 7 pm) by Ms. Upasana Jadeja (yoga trainer).

Since yoga has been considered as an effective exercise for developing concentration, maintaining flexibility and overall well-being, all participants are requested to take this opportunity and attend the yoga classes.

Members who are interested are requested to register their name at KDTTA office up to 20<sup>th</sup> May, 2018. For more details contact Ms. Upasana Jadeja on mobile no. 8866420471.

By Order  
Management