

**3 DAYS MEDITATION WORKSHOP**

To

**TRANSFORM YOURSELF**

**Connect to personal trainer**

**Relax and Meditate  
Rejuvenate  
Connect to Self**

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**NIT Hamirpur**

- First Come First Serve
- Free Classes

**August 28-30, 2024**

**Timings**

**6:00 PM – 7:00 PM**

**Venue**

**Mini Auditorium, NIT Hamirpur**

**For any query:  
Mr. Aashish: 8626865989**

  
**heartfulness**