



**KEEP
CALM
AND
STRESS
LESS**

Tuesday, November 24, 2020

Let's beat stress together! Join our free online sessions.

Breathing & Stretching

Mr. Ashish Gahlawat, Yoga Instructor

Session 1 – 11.30am to 12 noon

Register [Here](#)

Session 2 – 12 noon to 12.30pm

Register [Here](#)

Mindfulness

Ms. Nisha Agrawal,

Therapist & Yoga Instructor

Session 1 – 11.00am to 11.20am

Register [Here](#)

Session 2 – 1.00pm to 1.20pm

Register [Here](#)



Contact us

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