

56TH ANNUAL CONFERENCE OF BOMBAY ORTHOPAEDIC SOCIETY



PRESIDENTIAL THEME
ADAPT AND EVOLVE



**BOMBAY
ORTHOPAEDIC
SOCIETY**

March 25 - 27, 2022

SPOUSE PROGRAM

26 & 27th March, 2022



07.30 AM TO 08.30 AM

**YOGA SESSION FOR DELEGATES & SPOUSES
AT SPA LAWNS BY**

PRAJAKTA DATAR

Certified Yoga Trainer

She believes in Authentic Traditional Yoga and its techniques. Practising it daily, is a boon for our mental and physical health. Yoga Sadhana is a simple way to reconnect to our roots and our Indian culture. Yoga is a process that you have to experience by yourself. It teaches us Discipline & Patience and leads us to the deep Blissful Experience, to live our life to the fullest.

Come one Come all...LET US LIVE THE YOGA WAY !!



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