**Detailed Yoga Sessions at Consulate General of India, Hambantota**

**From 15 – 21 June 2015**

**\*\*\***

**15.06.2015 – Yoga Demonstration**

|  |  |  |
| --- | --- | --- |
| S/N | Name of the office / Place | Time |
| 1. | Mahanaga Hall, Hambantota | 06.00 – 07.30 am |
| 2. | St. Marry’s College, Hambantota | 01.30 – 02.30 pm |
| 3. | District Secretariat – Hambantota | 03.00 – 04.00 pm |
|  |  |  |

**16.06.2015 – Yoga Demonstration**

|  |  |  |
| --- | --- | --- |
| S/N | Name of the office / Place | Time |
| 1. | Mahanaga Hall, Hambantota | 06.00 – 07.30 am |
| 2. | Zahira College, Hambantota | 12.00 – 01.00 pm |
| 3. | St. Marry’s College, Hambantota | 01.30 – 02.30 pm |
|  |  |  |

**17.06.2015 – Yoga Demonstration**

|  |  |  |
| --- | --- | --- |
| S/N | Name of the office / Place | Time |
| 1. | Mahanaga Hall, Hambantota | 06.00 – 07.30 am |
| 2. | Tissamaharama Maha Vidyalaya | 12.30 – 01.30 pm |
| 3. | St. Marry’s College, Hambantota | 02.00 – 03.00 pm |
|  |  |  |

**18.06.2015 – Yoga Demonstration**

|  |  |  |
| --- | --- | --- |
| S/N | Name of the office / Place | Time |
| 1. | Mahanaga Hall, Hambantota | 06.00 – 07.30 am |
| 2. | Tzu-Chi National College, Hambantota | 12.00 – 01.00 pm |
| 3. | St. Marry’s College, Hambantota | 01.30 – 02.30 pm |
|  |  |  |

**19.06.2015 – Yoga Demonstration**

|  |  |  |
| --- | --- | --- |
| S/N | Name of the office / Place | Time |
| 1. | Mahanaga Hall, Hambantota | 06.00 – 07.00 am |
| 2. | Hambantota Vidyalaya, Hambantota | 07.00 – 08.00 am |
| 3. | St. Marry’s College, Hambantota | 01.30 – 02.30 pm |
|  |  |  |

**20.06.2015 – Yoga Demonstration & Lecture**

|  |  |  |
| --- | --- | --- |
| S/N | Name of the office / Place | Time |
| 1. | University of Ruhuna, Matara | 09.00 – 11.00 am |
| 2. | Galle District Chamber, Galle | 02.30 – 04.30 pm |
|  |  |  |

**21.06.2015 – Yoga Demonstration & Lecture**

|  |  |  |
| --- | --- | --- |
| S/N | Name of the office / Place | Time |
| 1. | Mahanaga Hall, Hambantota | 09.00 am – 12.00 pm |
|  |  |  |

\*\*\*