

### **Yoga for Women in the “40 Plus” Age-group**

In the countdown to the International day of Yoga (IDY), Ministry of AYUSH and Central Council for Research in Yoga & Naturopathy (CCRYN) will conduct a series of workshops on Yoga for women in the 40+ age-group in collaboration with Indian Menopause Society (IMS).

These workshops will be held on 3<sup>rd</sup> May'2018, to mark the 50<sup>th</sup> Day to IDY-2018. IMS has pledged itself to fostering the comprehensive well-being of women of India in this age group. They strive to increase awareness regarding issues related to menopause and aging through public health and education activities. CCRYN & IMS has joined hands to address the health issue of women in this age group holistically and decided to organise one day workshop in 10 different locations with the comprehensive approach to health and wellness.

These workshops will be held in following cities: Ahmadabad, Bangalore, Chennai, Gurgaon, Hyderabad, Jaipur, Kolkata, Mumbai, Navi Mumbai and Pune.