



MICKEY MEHTA'S  
360° WELLNESS TEMPLE  
Heal The World

Now At  
**TATA MEMORIAL HOSPITAL**  
For all Staff

Introducing the signature Yo workouts by **Mickey Mehta**

Developed by Mickey Mehta and his team of experts, after careful scientific research, Yo workouts offer a combination of different regimes and address all the needs of the body across the ladder of evolution-fitness, health, wellness, and well-being.



This workout entails the following:

Flow -  
Cardi -  
Cross -  
Cooli -  
Ab -  
Stretch -  
Strength -



The batches will start from July 2016 (Monday to Friday).

Proposed timing are as follows.

3.30 p.m. to 4.30 p.m.  
6.30 p.m. to 7.30 p.m.

4.30 p.m. to 5.30 p.m.  
7.30 p.m. to 8.30 p.m.

5.30 p.m. to 6.30 p.m.

Kindly give your time preference to **Public Relations Department, Mrs. Swati Mhatre, Asst. PRO on 6169 or Mrs. Isha Nalawade on 6168** to enroll your name for above yoga sessions.

Each batch will have 20 participants only.