



**26th March**  
Tuesday 10-11 AM

*Know Breath... Know Life, No Breath... No Life...!*  
*Know your Breath Work Shop*

"Discover how to connect your inner JOY"  
Join us for an experimental introduction to natural, easy & practical tools to  
be more happy, healthy & intuitive.

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**Contact Vijay: 713 4507; Ramesh: 897 1895**

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Pelangi Hall, Panaga Club, Brunei Darussalam  
For more info Contact Ravi G 879 0981; aolsection.panaga@gmail.com  
**<https://goo.gl/forms/2d7UoJRcDWk3Mpcw1>**