

THE INTERNATIONAL CENTRE GOA
Forthcoming Programmes

Date & Time	Programme	Entry / Fee
<p style="text-align: center;">Friday 25th May 5:30 pm to 8:30 pm</p>	<p style="text-align: center;">Screening of Documentaries by Shubhradeep Chakravorty <i>Out of Court Settlement</i> (66 minutes) & <i>After the Storm</i> (68 minutes) Poster Synopsis Director's Profile</p>	<p style="text-align: center;">ENTRY FREE, OPEN TO ALL</p>
<p style="text-align: center;">Monday to Wednesday 28th to 30th May 10:00 am to 5:00 pm</p>	<p style="text-align: center;"><i>Celebration of the Self</i> A unique holistic combination to explore three aspects of one's being and energy – <i>Meditation, Chakra Healing & Tai Chi</i> Resource Person: <i>Swami Satyakam Saraswati</i> Click here to know About Workshop & Resource Person <u>FREE INTRODUCTORY TALK</u> on 26th May at 5:30 pm Visit www.internationalcentregoa.com for details</p>	<p style="text-align: center;">ENTRY BY PRIOR REGISTRATION ONLY Fee: Rs. 3,000/- per person For more information contact <i>Swami Satyakam Saraswati</i> - 9421191956</p>
<p style="text-align: center;">Every Friday 5:00 pm to 7:00 pm</p>	<p style="text-align: center;">Free Swimming Guidance By Walter Mascarenhas For confirmation, please call or SMS Walter (+919822911161) or write to him on waltermasc@gmail.com Please bring your own swimming kit (costume, swimming goggles & swimming cap-for people with long hair)</p>	<p style="text-align: center;"><i>Training is FREE.</i> <i>However, ICG will charge a Fee of Rs. 50/- per session towards Maintenance to non-members only</i></p>
<p style="text-align: center;">7:30 am to 9:00 am - Tuesday, Thursday & Saturday 6:00 pm to 7:30 pm - Monday, Wednesday & Friday</p>	<p style="text-align: center;"><i>YOGA FOR THE BODY, MIND & SOUL</i> by Mrs. Hoor Girglani For more information Contact Mrs. Girglani: 9766015762</p>	<p style="text-align: center;">Rs. 200 per session or Rs. 2,000 for a set of 12 session</p>
<p>WANT TO BE FIT & HEALTHY? Click here to view Poster Customised Fitness Solutions available at ICG, EXCLUSIVELY for ICG Members Total Fitness Assessment & Nutritional Review Fitness Consultancy Fitness Evaluation One-on-One Personal Training Flexibility Classes Couple / Buddy Personal Training Kids Fitness Senior Adults Functional Training Group Exercise Classess and much more..... Presented by Calburn Fitness Solutions in association with The International Centre Goa at ICG's recently started GYM For free consultation Session, appointments, fees & other details, contact: Macedonio Fernandes – 9811511595 or Dax Mendes – 9823578880 Email: info@calburn.in / www.calburn.in</p>		

For further details visit www.internationalcentregoa.com or contact:
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