



Oct 26, 2014

Awareness Lecture Entitled 'How to Get Rid of Stress' at AAU

The Deanship of Students Affairs at the Al Ain University of science and technology in Abu Dhabi-based organized an awareness lecture titled "How to Get Rid of Stress through the practice of Yoga". It was organized in cooperation with the clinic of Perejil, in the presence of members of the academic and administrative bodies and a number of students.

A yoga specialist, Mr. Lokash Hedge, presented a detailed discussion on how to get rid of the pressures and stress through exercises and relaxation, with more emphasis on breathing exercises, progressive muscle relaxation and yoga.

[Press Release Link](#)