



Stanford Alumni Scholarship

Jaipur 2024

SEP Alumni Reunion

SEPeer Network



Recomendations Yoga experience

NOV 22 & 23 | 6:00 am



Recommended attire

Comfort first:

Opt for soft, stretchy clothing that allows for free movement.

Layers:

Bring a T-shirt or light sweater for relaxation periods.

Socks or barefoot:

Most yoga classes are done barefoot, but yoga socks can be a good option if you prefer something on your feet.



Preparation

Arrive early, hydrate, and inform the instructor of any injuries.

Open mind: Yoga is a practice for all levels, so don't worry if you're new.

guided by

Arun Shenoy

Experience Indian culture, practice yoga in a traditional and elegant setting.

