



DEPARTMENT OF PHYSICAL EDUCATION,
BELDA COLLEGE
OFFERS

ONLINE

ADD – ON COURSE

"20 दिन Yoga के दिन"

ON YOGA

An online 30 hours basic yoga certificate course

- ➔ INTRODUCTION TO HISTORY & DEVELOPMENT OF YOGA
- ➔ PRANAYAMA, BANDHAS & MEDITATION
- ➔ DEFINE THE ROLE OF A YOGA WELLNESS INSTRUCTOR
- ➔ FUNCTIONAL ANATOMY & PHYSIOLOGY OF YOGIC ASANAS
- ➔ WARMUPS, MOBILITY DRILLS & PRACTICAL YOGA

E-CERTIFICATE

MEET



योग: कर्मसुकौशलम्

3 WEEKS DURATION

9770843463

Commencing from 24/09/2021

Registration fees 500/-

Registration link:
<https://forms.gle/9Y75Q33t5d92zcnP9>

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