

# YOGA Course

**Duration: 12 Hours (12 Sessions/1 Hour Each)**

**Fees: 1,200/- for 12 Sessions**

This course is divided into 7 modules which incorporates observation, hands -on - exercise and practice of asanas, pranayama and meditative techniques.

**This course incorporates: -**

- Introduction to yoga
- Relaxation and pranayama
- Joint movements, stretching, twisting asanas
- Standing, sitting, backward and forward bending asanas
- Balancing poses
- Surya namaskar
- Meditation
- Each module will be explained stepwise so that one can obtain clarity abt the procedures and the precautions to be taken while doing these practices
- There will be 12 sessions of one hour each.
- Participation certificate will be awarded at the end of the course.
- The fees is Rs 1200/- for 12 sessions