Course Contents:

- Yogic Prayer
- Shatkarm
- Sukshm Vyayam
- Sthool Vyayam
- Asanas
- Nadishodhan
- Prayanama
- Meditation
- Suryanamaskar
- Deep Relaxation Techniques

Please Note

- Certificates will be awarded to those participants who will attend 90% of the course.
- Registration will be first come first serve basis. Seats are limited.
- Classes must be attended daily with an empty or light stomach or as advised by the yoga instructor.

IPCW ON

97 years

INDRAPRASTHA COLLEGE FOR WOMEN

UNIVERSITY OF DELHI

CENTRE FOR YOGA AND WELL-BEING

organises

ONLINE CERTIFICATE COURSE ON FOUNDATION OF YOGA

15th February – 24th February 2021
Online Live Sessions: 7:30-8:30 am

Registration Link:
https://docs.google.com/forms/d/e/1FAIpQLScYvZz8FZeYendzUleEoRnS4j40xyy_FevZ9eIJfTBC37wR6Q/viewform

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