



VPM'S R. Z. SHAH COLLEGE

PRESENTS

15 SESSIONS OF WORKSHOP IN



YOGA



DURING

THIS WORKSHOP :

- Learn the basics
- Sun salutations sequence
- Moon salutation
- Flexibility Power yoga
- Meditation Asanas

**Training cost of
this course is Rs 1000/-**

**Considering the
covid-19 situation,
this will be totally
sponsored by the college.**

**Register on below
mentioned link:**

https://docs.google.com/forms/d/e/1FAIpQLSeYWDy2fLkAFg9OHmQCgMraKIchRAjsCk_ylbQvFOLPWjKFdg/viewform?usp=sf_link

