



MANGALA COLLEGE OF ALLIED HEALTH SCIENCES NEERUMARGA MANGALURE

VALUE ADDED COURSE ON

BASICS OF YOGA



Jan 7 2023 To March 11 2023



VENUE: CLASSROOM

BASIC INTRODUCTION OF YOGA

IMPORTANCE OF YOGA

BASIC INTRODUCTION OF YOGA

INTRODCUTION TO YOGA PHILOSOPY

THE 4 MAIN PATHS OF YOGA

BENEFITS OF YOGA PRACTICE IN DAILY LIFE

SUN SALUTATIONS, MEDITATION, PRANAYANA

COURSE CO-ORDINATOR
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RESOURCE PERSON
NARAJ

ENROLL NOW