

## Yoga

### **Mothers and Female Teachers**

Revitalize your life, get your body back on track with special Yoga Classes to be conducted at our very own DPS Saturday School. Ms Bushra Shahab, a renowned and trained instructor shall be lending her expertise to the fun filled classes which will empower you to handle the pace of modern life with ease and realise your peak potential. Come and indulge in yoga practice aimed at purifying your entire system, improving health, productivity, balance and inner well-being.

<b>Details</b>	<b>Terms</b>
Course Duration	6 Weeks (Every Saturday)
Age	20 years onwards
Gender	Female
Category	Mothers and Teachers
Timings	11:00 am – 11:45 am
Fees for DPS Mothers /Teachers	Rs.1650/- for complete course
Fees for Non-DPS Mothers/Teachers	Rs.1850/- for complete course