

Yoga

Primary

Let the children revitalize their life, get the 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 the children to handle the pace of modern life with ease and realise their peak potential. Come and indulge in yoga practice aimed at purifying the entire system, improving health, productivity, balance and inner well-being.

Details	Terms
Course Duration	Monthly Basis (Every Saturday)
Age	9- 12 years
Gender	Boys and Girls
Class	III - V
Timings	11:00 am – 11:45 am
Fees for DPS Students	Rs.500/- per month
Fees for Non-DPS Students	Rs.600/- per month