

## Posture and Balance

### Secondary

DPS Saturday School take pride in introducing Posture and Balance as a part of the Saturday School venture which will help students attain perfect equilibrium and harmony through exercises that will not only remove negative blocks from the mind and toxins from the body, but will also reduce stress and tension in the physical body by rejuvenating personal power.

This unique educational journey takes students through essential concepts including, but not limited to, better memory and learning, improved body alignment and development of self-confidence and power.

<b>Details</b>	<b>Terms</b>
Course Duration	6 weeks (Every Saturday)
Age	13 – 16/17 years
Gender	Girls
Class	VI – O Levels
Timings	11:00-12:00
Fees for DPS students	Rs.3200/- for complete course
Fees for Non DPS students	Rs.3700/- for complete course