



# Digital Disha<sup>TM</sup>

(A Unit of Shagufta Education Pvt.Ltd.)

(Approved by Ministry of corporate Affairs Govt. of india)

CIN NO- U74999BR2018PTC036840

## Diploma in Yoga & Wellness Course Module

- Yoga asanas & Surya Namaskar
- Pranayama & meditation
- Health, diet & wellness
- Teaching & practical training