

COURSE BROCHURE

Chair Yoga & Desk Movement Foundations

Health, Nutrition & Fitness / Yoga & Mindful Movement

One-time full-course fee

INR 1,499

Access

6 months course access

Study plan

Introductory self-paced course · 6 months access

Learning format

Six self-paced reading workshops, worksheets, answered self-checks and a final planning assignment

Programme overview

Plan comfortable desk breaks and understand chair-based yoga adaptations. Six reading workshops, practical worksheets, answered self-checks and a final planning assignment. Self-paced education for adults; no live classes, gym membership, personalised diet prescription or professional qualification.

Who this is for

- 1 For adults aged 18+ seeking introductory health and fitness education.
- 2 Practical activity must suit your circumstances; obtain qualified instruction for unfamiliar movements and clinical advice where needed.
- 3 Shared foundation readings recur across related courses. Compare the lesson index before buying more than one course.

Published topics and learning focus

- 1 Plan chair and desk-based movement breaks
- 2 Understand beginner yoga and choose instruction

- 3 Distinguish mobility, stretching and balance
- 4 Use gentle breathing and attention practice
- 5 Adapt exercise to a small home space
- 6 Use habit design and review without blame

Before you choose

- 1 These are published programme highlights, not certification of complete syllabus coverage. Review the available reading index and programme trial before enrolling.
- 2 ZELVU provides learning support. It does not award the underlying degree, professional registration or an examination result.
- 3 Current checkout terms and refund policy apply. Payment and access require successful provider verification.

Take the next step

[Explore the programme trial](#)

[View current details, scope and terms](#)

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Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.