

COURSE BROCHURE

# Yoga for Beginners: Learning & Practice Planning

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

Prepare for beginner yoga instruction and build a suitable learning schedule. 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 Understand beginner yoga and choose instruction
- 2 Choose a safe starting point

- 3 Use gentle breathing and attention practice
- 4 Distinguish mobility, stretching and balance
- 5 Create a beginner yoga learning schedule
- 6 Evaluate health and fitness claims

## 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**

**Ask ZELVU about this programme**

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