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SFA Training Club – Yoga Budz

Program highlights:

- Conduct Yoga classes teaching from beginners to advance level for adults as well as for kids.
- Unique integration of Yoga with games, value and health-based activities, mindful activities etc.
- This program helps:
 - Develop focus and confidence.
 - Improves posture and body awareness
 - Builds strength flexibility and balance.
 - Reduces stress and anxiety