

# DPU

DYP Physios Alum- Alumni Association of  
Dr. D.Y. Patil College of Physiotherapy, Pune

Webinar No. 35

**"PILATES" the New Buzz in the Fitness Industry!**

*An IQAC Initiative*

*Speaker*



**Dr. Tanushree Jain**

Entrepreneur  
Dubai Licenced Physiotherapist  
REPS UAE Pilates Trainer  
International Certified Wellness Coach  
NLP & Reiki L3 Practitioner, Dubai, UAE

About the Webinar

- All you need to know about PILATES
- Role of PILATES in Physiotherapy rehabilitation
- Importance of PILATES in treating various lifestyle conditions
- How PILATES can reduce stress
- Stay tuned for MAT PILATES demo class!

**Webinar Details**

Date: 4th September 2020 Time : 3.30 pm to 4.30 pm

<https://www.facebook.com/DPU.Physiotherapy/>

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