



Chair Work: Yoga Fitness and Stretching at Your Desk

Course completed by Pronob Dey
Mar 06, 2023 at 06:11AM UTC • 33 minutes

Top skills covered

Chair Yoga

A stylized, handwritten signature in black ink that reads "Dan Brodnitz".

Head of Global Content, Learning



Certificate ID: e193a73c3a745c1b40262f50b71f3d7f895033da5639c3d333c7302f86f58565