



'A' Grade

Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon
School of Interdisciplinary Studies



Department of Yoga Science

- Short term Skill based Course
- Duration :60 Hrs (4 Credits)
- Fees: 10,000/-



- University Certificate
- Useful for Yoga Teachers

Obesity Prevention & Disorders Relief Teachers Training Course

Brief Details of Practical

- Full Body workout
- Fitness Diet
- Yogic Kriya
- Surya namaskar
- Aasan,
- Pranayama,
- Shuddhi kriya
- Omkar Dhyana
- Yog Nidra For Weight loss
- Ayurvedic Juices



Effective for Disorders Like:-

- PCOD/PCOS
- Thyroid
- Acidity
- Overweight
- Constipation
- Arthritis
- Joint Pain
- Stress Release
- Diabetes



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