

॥ अंतरी पेटवू ज्ञानज्योत ॥



कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठ, जळगाव.

School of Interdisciplinary Studies

Department of Yoga Science

Complete Physical, Mental, Social, Emotional & Spiritual Wellbeing



Become a Certified Yoga Teacher

Diploma in Yoga Teacher

Duration : 1 Year
Admission Fees : 7500/-
Eligibility : (10+2 equivalent)/ 12th Pass
Theory & Practical : Saturday, Sunday
Medium : Marathi/Hindi/English

Yogayurved Unit –

Yogayurved therapies like Body Massage, Steam Bath, Vaman, Virechan, Nasya, Basti & Shirodhara are available in reasonable rates



Course Features

- Scientific Knowledge of Yogashastra
- General Introduction of human Body
- Interactive sessions
- Learning through various activities
- Knowledge of Yogic Lifestyle
- Practical Oriented Syllabus
- Well Experienced Staff
- Spacious Yoga Hall with various Yoga Props



Opportunities –

- To become a Yoga Teacher in schools
- To conduct own Yoga Classes
- To become a Yoga Instructor in Jim, Spa Centre, Health Centre, Hospital
- Useful for maintaining Physical, Mental and overall, Health as well.

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