

Different Yoga Classes
विविध योगवर्ग



- Yoga for Kids (लहान मुलांसाठी)
- Yoga for Women (महिलांसाठी)
- Yoga for Wellness (स्वास्थ्यसाठी)
- Yoga for Senior Citizens (जेष्ठ नागरिकांसाठी)
- Yoga for Health (Regular)(स्वास्थ्य संवर्धक)
- Yoga for Health (Advanced)
(प्रगत अभ्यास)
- Disease wise Yoga Classes
3 days Residential / Non-Residential Camp.
(३ दिवसीय निवासी अथवा अनिवासी शिबीर)
- Fitness Yoga Class with Yogayurveda
- Pranayama Class with Breathing Techniques

Academic Courses
शैक्षणिक उपक्रम

Certificate Programme in Yoga
M A (Yogshastra)

Upcoming Academic Programs
भविष्यात सुरु होणारे शैक्षणिक उपक्रम

- DYT (Diploma in Yoga Teacher)
- B A (Yogshastra)
- Post Graduate Diploma in Yoga Therapy

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School of Interdisciplinary Studies
योगशास्त्र विभाग
Department of Yoga Science
(Formerly Yoga Guidance Centre)

Complete Physical, Mental, Social, Emotional & Spiritual Wellbeing



Evenness of Mind is known as Yoga
समत्वं योग उच्यते

Yoga Therapy

The Body benefits from Movements
&
the Mind benefits from Stillness.



Yoga Classes



Prakriti Concept



Diet Therapy

Yogayurveda Therapy

योगायुर्वेद उपचार पध्दती



मसाज



वमन षटकर्म



बाष्प स्नान



विरेचन



शिरोधारा



बस्ति



जलनेती



नस्य

Yoga Counselling

Together, our Journey on the Path of Wellness...
Meet Us @
Yoga Counselling Unit



Development / Management