

# YOGA

## ONLINE CERTIFICATE COURSE AS YOGA TRAINER

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 Meditation Pranayama & Yoga	 Therapeutic Yoga for different Diseases	 Basics of human anatomy & physiology in yoga
 Learn Prakriti Analysis. (Know your body composition)	 Learn Dosha's & Do's & Dont's According To Dosha's.	 Knowledge of Ayurvedic Concepts, Treatments, Recipes.

### ELIGIBILITY CRITERIA

10+2 And Above (Health Professionals, Fitness Instructors, Housewives)

### TECHNOLOGIES REQUIRED

Laptop/Smart Phone & Internet

### MEDIUM

Online & Recorded Sessions

### DURATION

One Month

### FEES

~~12,000~~ Rs. 6,000 After 50% OFF (Including GST)

S.No.	Curriculum
1	Shukshma Vyayama (loosening exercises) & their importance
	Basics of yoga
2	Breathing & its role in yoga
	Principle of Yoga tridosha, shat chakra, Panchkosha
3	Standing asana
	Significant yogic texts part 1 (patanjali yogic sutra)
4	Sitting asana
	Significant yogic texts part 2 (Hath prodipika)
5	INTERACTIVE SESSION
6	Prone postures (lying on the abdomen)
	Basics of human anatomy & physiology part -1 (Skeletal system)
7	Supine (lying on back) & inverse poses
	Basics of human anatomy & physiology part -2 (Muscular system)
8	Surya namaskar
	Basics of human anatomy & physiology part-3 (Respiratory system)
9	Pranayama
	Basics of human Anatomy & physiology part-4 (Cardiac endocrine system)
10	INTERACTIVE SESSION
11	How to conduct a yoga session-1
	Basics of human anatomy & physiology part 5 (digestive system)
12	How to conduct a yoga session-2
	Basics of human anatomy & physiology part 6 (Nervous system)
13	Relaxation techniques
	Basics of human anatomy & physiology part 7 (Endocrine & reproduction system)
14	Kriya (cleansing techniques)
	Yoga therapy & holistic approach towards digestive disorders & obesity
15	INTERACTIVE SESSION
16	Bandha & Mudra
	Yoga therapy & holistic approach towards diabetes
17	Meditation
	Yoga therapy & holistic approach towards respiratory disorders
18	Therapeutic yoga- Diabetes & digestive system
	Yoga therapy & holistic approach towards HTN & CVD disorders
19	Therapeutic yoga- hypertension, heart & stress
	Yoga therapy & holistic approach towards Stress & anxiety
20	INTERACTIVE SESSION
21	Yoga for weight loss an obesity
	Yoga therapy & holistic approach towards arthritis, pcos, pcod, other hormonal disorders

### COMPLIMENTARY CLASSES

- Recorded class on online marketing.
- Free online medical consultation during & after the course by our expert ayurvedic doctors.

### OUR USP

- Live & Recorded sessions.
- Hindi & English medium mix classes.
- Experienced teachers who focus on giving practical knowledge.
- Dedicated coordinators for each batch.

### DOCUMENTS REQUIRED FOR REGISTRATION

- Photo of 10+2 certificate.
- Passport size Photo (clicked with camera/mobile camera in straight pose).
- Any id proof with your photograph. (Adhaar card/driving licence/passport/voter id)

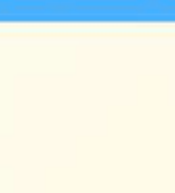
### ONLINE CONTESTS/GIFT HAMPERS TO MOTIVATE YOU

- Meritorious students are awarded with digital trophies.
- Various contests during the course where you win free courses & gift hampers.

### IMPORTANT NOTE

- The certificate will be given to those students who have successfully completed the classes and passed the examination/assessment conducted by arogyam institute.
- AICC does not guarantee placement to the students who enroll & complete the certification course.
- On completion of AICC, students will be able to offer support in line with their official recommended advice to those who are generally healthy in order to help them make healthy life style choices.

 **+91 9780577077**

 **[www.arogyaaminstitute.com](http://www.arogyaaminstitute.com)**

 **7R, Mall Rd, opposite Thind Eye Hospital, Model Town, Jalandhar, 144003, Punjab**