



**YENEPOYA**

(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956  
Accredited by NAAC with 'A' Grade

# CENTER FOR YOGA AND WELLNESS

Yenepoya ( Deemed to be University ) Mangaluru

## YOGA TRAINING SPECIALLY FOCUSES ON

### FOUNDATION YOGA COURSE

For Fitness and Wellness

30hrs Value added course (22hrs practical & 8hrs theory), certificate will be Issue

30 hrs  
fees  
Rs 950/-

### STRESS MANAGEMENT

Skills through yogic practice

15 hrs  
fees  
Rs 750/-

### CHANDRAYANA VRATA

full moon to full moon Yogic Tapas for Weight loss

1month  
fees  
Rs 1500/-

### 20 MINUTES PRANAYAMA AND RELAXATION TECHNIQUES

for Concentration and Memory

Classroom  
teaching

### YOGIC INTERVENTION / THERAPY

for diabetic, hypertension and life style disorders

Per Session  
Rs 100/-

### YOGA FOR WOMEN'S WELLBEING,

Especially For Beauty Consciousness, Pcod/pcos, Thyroid Problem, Menstrual Issues, Pre Natal And Post Natal

20 hrs  
fees  
Rs 950/-

DEPARTMENT OF PHYSIOLOGY, YENEPOYA MEDICAL COLLEGE OFFERS

## CERTIFICATE COURSE IN YOGA

Duration of course 100 hrs, (80 hrs practical 20 hrs theory)



8 Venue: Centre for Yoga and Wellness  
1<sup>st</sup> floor Nursing College Building, Deralakatte

Enquiry Now Call | WhatsApp

**9845588740**

### Highlights of Training

- ➔ Free Consultation
- ➔ During the training of Yoga Kriyas, Yogasanas, Pranayama, Relaxation and Meditation technique will be taught
- ➔ Flexible timings according to convenience ( Monday to Friday)
- ➔ Separate practice place facility for Ladies

**3 DAYS FREE  
TRIAL CLASS FOR ALL EVENTS**

