Online Learning

Yoga Instructor’s Course

Online YIC is a combination of Theory and Practical subjects, like Breathing Practices, Asana, Pranayama, Meditation Techniques, Kriyas, Happy Assembly, which improves physical stamina, memory, concentration and awareness.

- **YIC is mandatory for Long Term Courses in S-VYASA**
- **Course Duration:** 2 months, 5 hrs / day
- **Timing:** 6:00 - 8:00 am and 4:00 - 7:00 pm (flexible for working people)
- **Eligibility:** 12th Std/ II PUC/ Plus Two or equivalent
- **Fees - ₹ 25,000/- for Indians & US$ 1,000/- for Foreigners**

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