



S-VYASA

Deemed to be University
Bengaluru



Non-Residential YIC in 3 Months

Yoga Instructor's Course

Non-Residential YIC is a combination of Theory and Practical subjects, like Breathing Practices, Asana, Pranayama, Meditation Techniques, Kriyas, Happy Assembly, which improve concentration and awareness, stamina.

- **YIC is mandatory for Long Term Courses in S-VYASA**
- **Starts on:** 1st Feb 2025
- **Course Duration:** 3 months, Mon - Sat
- **Timing:** Mon - Sat, **Batches: 11am to 1 PM**
- **Eligibility:** 10th Std/ SSLC/ equivalent
- **Course conducted at:** S-VYASA City Office, Gavipuram Circle, Bengaluru
- **Medium of Teaching:** English
- **Fees - ₹ . 25,000/-**

Call: 9742206004/080-26612669/26608645

E-mail: nryic@svyasa.edu.in

Limited
Seats
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