

**ACADEMIC CURRICULUM
FOR
ADVANCE YOGA COURSE
(Online Course)**



2020-21

**JAGADGURU RAMANANDACHARYA RAJASTHAN
SANSKRIT UNIVERSITY
MADAU, MUHANA-BHANKROTA LINK ROAD,
JAIPUR-302026**



JAGADGURU RAMANANDACHARYA RAJASTHAN SANSKRIT UNIVERSITY

Madau, Bhankrota, Jaipur

Namaste,

Here is a unique opportunity for you to learn about Yoga, Ayurveda, Indian philosophy, Spirituality, Management, Life style management, Naturopathy and allied subjects staying in your homes during this COVID -19 pandemic. The Department of Yoga Vijnan of our university will be offering Online Certificate Course. The experienced Faculty members of our University will teach you through Online Platforms. The courses are designed for 45 days covering (theory and practical course). Please learn them at your own place. The course and Faculty offering the course are as follows:

Online Yoga Certificate Course:

ADVANCE YOGACOURSE

Course Duration:- 45 Days

Timing:- 07:00 AM to 08:30 AM

Course Fee:- INR 1500 /-

Who should take this course?

- 10+2 passed with any yoga related courses from any certified institution.

What will you learn?

“Practice with slowness and awareness

To reap benefits like

Deep RELAXATION

Increased AWARENESS

Balanced Mind and Body”

Course Content:-

Theory:

- Introduction to Health according to Yoga, Ayurveda and Naturopathy.
- Panchkosha
- Anand Mimansa
- Asthang Yoga
- Introduction to Shatkriyas according to Gherand samhita and Hatha Yoga.

Practical:-

- Asana
- Advance Pranayama
- Trataka
- Advance Yoga Techniques
- Yoga Practice for emotion culture
- Therapeutic Yoga as per disease

Mode of Examination:-

- Assessment and Assignment test

Facility Need for this Program-

Smart Classroom- Projector, Mic, High Speed Internet Line, Laptop, UPS, Web Camera etc.

