



S-VYASA
Deemed to be University
Bengaluru, India



Short Term
Online Course

Integrated Approach of Yoga Therapy

Learn at your convenience

The Integrated Approach of Yoga Therapy (IAYT) is a holistic healing approach to maintain optimum health using simple, safe, and doable practices. These practices include breathing exercise, asanas, pranayamas, kriyas, meditation, science of emotion culture and Special yogic techniques. Yogic counseling, diet and life style modification is an integral and essential component of IAYT. S-VYASA University has developed disease specific yoga module based on scientific evidences, traditional descriptions and clinical observations. This holistic approach to health has benefited lakhs of people who underwent training in its health home Arogyadhama. Guruji will enlighten basic principles of Yoga therapy and its application in the management of common ailments. Concept of Pancha Kosha which forms the basis of yoga therapy and different yoga techniques for each kosha will be discussed.

Highlights of the Course:

- You will learn basic principles of yoga therapy
- You will understand how stress will lead to psychosomatic disease
- Concept of Pancha Kosha and different yoga techniques for each kosha
- View access to the session recording for 6 months

Details of the Course:

- This is **Self-paced Learning Course** with One Live Interactive Session with the Faculty. The lecture videos are recordings of live online
- There will be Interactive Session on every month **4th Saturday, 6:00 – 7:00 pm (IST)**
- Course Fee: ₹1500/-
- Registration Link: <https://forms.gle/NkGPmLhfApf2gZH1A>
- You will receive login credentials once you make the Payment
- Contact: +91 79759 27219
- E-mail: onlineyogacourses@svyasa.edu.in

Course by



Dr. H R Nagendra
Chancellor, S-VYASA
Padma Shri - 2016

www.svyasa.edu.in