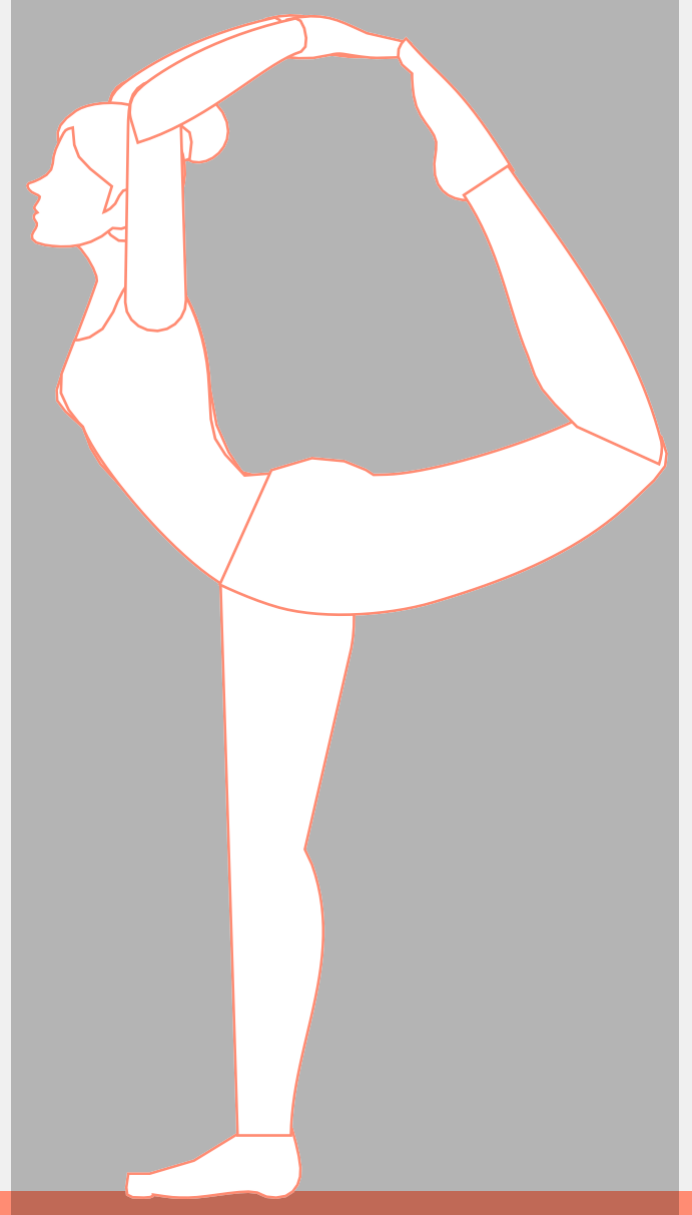




**KAIVALYADHAMA**

Where Yoga tradition and Science meet

ONLINE  
CERTIFICATE  
COURSE in  
YOGA  
(Regular)



CCY

Due to the situation arising from COVID-19, the  
Certificate Course will be held online

## FEATURES

- Live interactive theory & practical sessions with Q&A
- Sessions by the experienced Kaivalyadhama faculty
- Supervised online practical sessions by groups of yoga teachers
- Access to audio/video recordings of theory & practical sessions
- Accreditation as Certificate Course from Indian Yoga Association (IYA) and as Level 2 from Yoga Certification Board (YCB).\*
- 200-hour Certificate Course in Yoga, from the comfort of your home
- No anxiety of travelling and lodging-boarding

\*Fees for YCB certification is extra and not included in the course fee

## ELIGIBILITY

- **EDUCATION**

No Bar

- **AGE**

Minimum 18 years of age

## FACULTY



Prof. R.S. Bhogal



Prof. R.K. Bodhe



Dr S.D. Bhalekar



Shri Vivek Tiwari

## COURSE CONTENTS

### 1. Theory subjects (12 hours each)

- Introduction to Yoga & Patanjala Yoga
- Introduction to Hatha Yoga & Yoga and Value Education
- Yoga: Anatomy & Physiology
- Applied Yoga (Wellness, Prevention, Positive Health, Stress Management and Mental Health)
- Teaching Practice

### 2. Traditional Yoga Practical Classes (daily 3 hours)

### 3. Assignments for each subject

## COURSE FEE

Indian Students  
**INR 15,000**

Foreign Students  
**USD 250**



## REQUIREMENTS

1. Sound physical & mental health
2. Good internet connectivity for live streaming of lectures
3. **Zoom** application Installed on smartphones and/or laptops

## MEDIUM

**English & Hindi**

(separate for theory lectures)

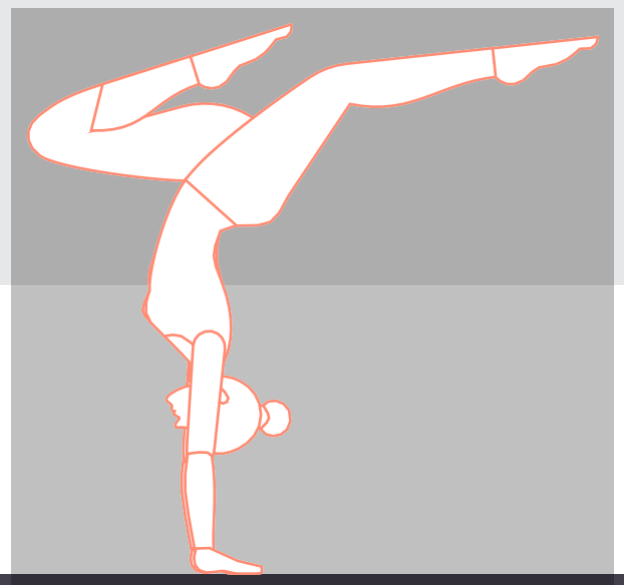
# EVALUATION CRITERIA

1. Viva based on theory subjects and practical (online)
2. Assignments (one for each subject)
3. Lessons/Presentations (online)

# DAILY SCHEDULE

7.00 - 8.30 AM	Practical Session under Lead Yoga Teacher
9.30 - 10.30 AM	Theory Lecture 1
10.35 - 11.35 AM	Theory Lecture 2
3.00 - 4.00 PM	Theory Lecture 3
4.30 - 6.00 PM	Practical Session (Group-wise with mentor)

All timings in Indian Standard Time (IST)



# REGISTRATION & INQUIRY

[kdhamcollege@gmail.com](mailto:kdhamcollege@gmail.com) | +91 72620 26878

[www.kdham.com](http://www.kdham.com)