

Online Live 63 hours course with Japanese translation (Motoko Group) May to November 2023

▪ **Topic for this online live 63 Hours course:**

1. Principles of Yoga Therapy: Dr. Ganesh Rao (6 Hours)
2. Anatomy and Physiology of Yogic practices: Dr. Bhalekar (6 Hours)
3. Yoga & Mental Health: Dr. R. S. Bhogal (6 Hours)
4. Yogic Counselling: Dr. R. S. Bhogal (6 Hours)
5. Concept of Diet Ayurvedic and yogic view point: Dr. Gururaj (6 Hours)
6. Applied Yoga Therapy: Dr. Bhalekar (6 Hours)
7. Integrating Yoga Therapy within the modern medical treatment: Dr. Bhalekar (6 Hours)
8. Yoga Practical: Shri. Neeraj Singh (21 hours)

- *Note: In an avoidable circumstance the time and day can be changed.*

1st Workshop (15 Hours)					
Date	Day	Time IST	Time JST	Subject	Faculty
3 rd May 2023	Wednesday	11:30 to 12:30	15:00 to 16:00	Yoga & Mental Health	Dr. R. S. Bhogal
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
4 th May 2023	Thursday	11:30 to 12:30	15:00 to 16:00	Yoga & Mental Health	Dr. R. S. Bhogal
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
5 th May 2023	Friday	11:30 to 12:30	15:00 to 16:00	Principles of Yoga Therapy	Dr. Ganesh Rao
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
6 th May 2023	Saturday	11:30 to 12:30	15:00 to 16:00	Principles of Yoga Therapy	Dr. Ganesh Rao
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
7 th May 2023	Sunday	11:30 to 12:30	15:00 to 16:00	Principles of Yoga Therapy	Dr. Ganesh Rao
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji

2nd Workshop (18 Hours)

Date	Day	Time IST	Time JST	Subject	Faculty
1 st July 2023	Saturday	11:30 to 12:30	15:00 to 16:00	Anatomy and Physiology of Yogic practices	Dr. Bhalekar
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
2 nd July 2023	Sunday	11:30 to 12:30	15:00 to 16:00	Anatomy and Physiology of Yogic practices	Dr. Bhalekar
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
15 th July 2023	Saturday	11:30 to 12:30	15:00 to 16:00	Anatomy and Physiology of Yogic practices	Dr. Bhalekar
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
16 th July 2023	Sunday	11:30 to 12:30	15:00 to 16:00	Applied Yoga Therapy:	Dr. Bhalekar
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
29 th July 2023	Saturday	11:30 to 12:30	15:00 to 16:00	Applied Yoga Therapy:	Dr. Bhalekar
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
30 th July 2023	Sunday	11:30 to 12:30	15:00 to 16:00	Applied Yoga Therapy:	Dr. Bhalekar
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji

3rd Workshop (12 Hours)

Date	Day	Time IST	Time JST	Subject	Faculty
9 th Sept 2023	Saturday	11:30 to 12:30	15:00 to 16:00	Yoga & Mental Health	Dr. R. S. Bhogal
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
10 th Sept 2023	Sunday	11:30 to 12:30	15:00 to 16:00	Yogic Counselling	Dr. R. S. Bhogal
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
23 rd Sept 2023	Saturday	11:30 to 12:30	15:00 to 16:00	Yogic Counselling	Dr. R. S. Bhogal
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
24 th Sept 2023	Sunday	11:30 to 12:30	15:00 to 16:00	Yogic Counselling	Dr. R. S. Bhogal
		12:40 to 13:40	16:10 to 17:10		
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji

4th Workshop (12 Hours)

Date	Day	Time IST	Time JST	Subject	Faculty
14 th Oct 2023	Saturday	11:30 to 12:30 12:40 to 13:40	15:00 to 16:00 16:10 to 17:10	Integrating Yoga Therapy within the modern medical treatment:	Dr. Bhalekar
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
15 th Oct 2023	Sunday	11:30 to 12:30 12:40 to 13:40	15:00 to 16:00 16:10 to 17:10	Integrating Yoga Therapy within the modern medical treatment:	Dr. Bhalekar
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
28 th Oct 2023	Saturday	11:30 to 12:30 12:40 to 13:40	15:00 to 16:00 16:10 to 17:10	Integrating Yoga Therapy within the modern medical treatment:	Dr. Bhalekar
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
29 th Oct 2023	Sunday	11:30 to 12:30 12:40 to 13:40	15:00 to 16:00 16:10 to 17:10	Concept of Diet Ayurvedic and yogic view point	Dr. Gururaj
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji

5th Workshop (6 Hours)

Date	Day	Time IST	Time JST	Subject	Faculty
18 th Nov 2023	Saturday	11:30 to 12:30 12:40 to 13:40	15:00 to 16:00 16:10 to 17:10	Concept of Diet Ayurvedic and yogic view point	Dr. Gururaj
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji
19 th Nov 2023	Sunday	11:30 to 12:30 12:40 to 13:40	15:00 to 16:00 16:10 to 17:10	Concept of Diet Ayurvedic and yogic view point	Dr. Gururaj
		13:50 to 14:50	17:20 to 18:20	Yoga Practical	Shri. Neeraj ji