



# GAUTAM BUDDHA YOG SANSTHAN

A VENTURE OF DIGITAL EDUCATION FOUNDATION

Regd. by Under the Society Act. 21, 1860, (Reg. No.-1173) &  
Public Trust Act. 1882 Under Section 60 ( Reg. No. -694) from Govt. of NCT New Delhi  
An ISO 9001: 2015 Certified & QCI Membership Organization



## OUR YOGA COURSE

1. Diploma in Yoga Education (One Year or Two Year courses)
2. Diploma in Yoga Teacher Training (1 year)
3. Advance Diploma in Yoga Teacher Training (2 year)
4. Diploma in Yoga Therapy (one Year)
5. Certificate Course in Yoga (6 month)
6. P.G Diploma in Yoga ( one Year Advance course)
7. P.G. Diploma in Yoga Therapy (one Year )
8. Certificate in Naturopathy ( 6 month )
9. Certificate in Naturopathy & Yogic Science (CNYS) {1 Year Program}

## YOGA SYLYBUS



Asanas, Pranayama , Kriyas, Bandhas and Mudras

Yogic therapy, Modern Psychology

Meditation Techniques Sequencing

Human Body system, Pranayama Yoga & Mental Health

Project in therapeutic Research, Practical

Manual Adjustments.



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डिजिटल एजुकेशन फाउण्डेशन  
राजीव गाँधी नगर  
फर्रुखाबाद (उ० प्र०)