



Adhyatm Sadhna Kendra
(A Unit of Akhil Bhartiya Nyas)



Batch Starts From
15th Dec. 2023

Limited Seats



+91 964 330 0659

YOGA & MEDITATION FOUNDATION COURSE

Internships available | Full Placement support
Total 250 hours intensive training | Substantially Practical course
Highly affordable fees (including Study material, Boarding and lodging)

Adhyatm Sadhna Kendra, Mandir Road, Chhattarpur - 110074
Website: www.askpreksha.com, Email: askdelhi201@gmail.com

Details of Programme

Preamble



Meditation and Yoga are invaluable gifts of ancient Indian tradition. It is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between soul, mind, body, thought and action, restraint and fulfilment; harmony between man and nature. It is a holistic approach to health and wellbeing. It has attracted global attention in recent years. The awareness of these practices are increasing among people from different walks of life, not only for preservation and promotion of health, but also for the management of various diseases.

In this short-term and full-time intensive and practical oriented course, we are introducing the concepts of Meditation and Yogic practices as a science of holistic living and wellness. During the course, the students will be trained as trainers of preksha Meditation and Yogic practices for wellness. This is a course in meditation and yoga for healthy lifestyle and wellness.

AIM



The aim of the course is to impart intensive and practical oriented training in Preksha Meditation and Yoga for healthy lifestyle and wellness.

Objectives



- To introduce wellness principles and yogic practices for common people.
- To introduce principles and practices of meditation and yoga for healthy living.
- To promote meditation and yoga for disease prevention and health promotion as an approach to holistic health.

Eligibility



1. The candidate should have passed 12th from a recognized board or its equivalent.
2. Exemption in education qualification may be given by the competent authority for suitable candidates. However, participation certificate shall be awarded only to those who have passed 12th and must have requisite attendance.

Health criteria



No person with acute/chronic/communicable diseases is allowed to take admission to this course. A medical certificate or Self certification on health status is necessary.

Duration



Duration of the course is 1 Month(250 hours)

Timings



The course timings will be 5:00 AM to 09.00 PM. However the timings will be subject to change as per discretion of Adhyatm Sadhna Kendra .

Medium of instruction



Hindi / English

Attendance



Minimum 80 percent is essential to get participation certification.

Faculty



Professionally qualified and experienced yoga and meditation trainers and naturopathy doctor(s).

Fees Structure



Course fee - 15000/-

Free upgrade to **3 months Preksha Meditation, Yoga & Naturopathy Therapist course** to deserving students.

Note: Registration fee is only Rs. 1000 adjustable in total fees and selected students for internship will be entitled to a stipend of Rs. 5000 per Month.



CAREER MAKERS OF NEW GENERATION

 +91 964 330 0653-9

 www.askpreksha.com

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