

## Diploma in Yoga Course Structure

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### Semester 1

- FOUNDATION OF YOGA
- PRINCIPLES OF KATHA YOGA & MAHARISHI YOGA
- SHRIMAD BHAGWAD GITA & UPANISHAD
- VEDIC SCIENCE & YOGA
- HUMAN ANATOMY & PHYSIOLOGY & AYURVEDA
- PRACTICAL - 1 (TRADITIONAL YOGASANA)
- 1 - YOGA ASANAS
- 2- CONSCIOUSNESS DEVELOPMENT (TM)
- PRACTICAL – 2 (MAHARISHI'S YOGA ASANA) & (TM SIDHI)

### Semester 2

- PATANJALI YOGSUTRA
- INDIAN PHILOSOPHY & HUMAN CONSCIOUSNESS
- SCIENCE OF CONSCIOUSNESS (ACCORDING TO MAHARISHI)
- PRACTICAL -3 NATUROPATHY, AYURVEDA & YOGA THERAPY
- PRACTICAL - 4 (TRADITIONAL YOGA ASANA)
- PRACTICAL - 5 (MAHARISHI'S YOGA ASANA) & CONTEMPORARY YOGA ASANAS (TM SIDHI)