



MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(An autonomous organization under Ministry of AYUSH, Govt. of India)

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F.No.72/02/2018-19/03/AYS

Date: 01.04.2019

ADMISSION NOTICE FOR ADVANCED YOGA SADHNA

In continuation of the admission notice dated 25.03.2019 of Advance Yoga Sadhna from April to June, 2019 there are some seats ~~are~~ vacant in the course therefore, it is decided to extend the admission date 01.04.2019 to 04.04.2019.

Eligibility:

1. A Candidate who have completed Certificate Course in Yogasana
OR
Certificate Course in Pranayama & Meditation of MDNIY
OR
Teacher Training Course (TTC) from any recognized Institute/university
2. A Candidate must be healthy and fit, the admission is subject to medical fitness.
3. The candidate has to perform some certain asanas for their admission to the course i.e Trikonasana, Parshvakonasana, Paschimottanasana, Ushtrasana, Ardha-matsayendrasana, Dhanurasana, Sarvangasana, Nadi Shodhan Pranayama and Kapalbhata (60 strokes per minute).

Director

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