

Date	Day	Morning Session	Afternoon Session
		Timings: 9:30am -12:00 pm	Timings : 2:00pm -4:30 pm
12th march 2026	Thursday	Yoga therapy Principle & Applications, Ayurveda & Naturopathy	Advance Yoga Techniques (Asana, Kriya, Pranayama, Meditation and Advanced Yoga Techniques)
13th march 2026	Friday	Anatomy & Physiology	Teaching Techniques
14th March 2026	Saturday	Introduction to Sanskrit & Yoga Text	
15th Match 2026	Sunday	Common Ailments-I	
16th March 2026	Monday	Common Ailments-II	Yoga Therapy Training for common Ailments 1 & 2
17th March 2026	Tuesday	Case studies Presentation	Case studies Presentation