

## **2 Year Diploma in NATUROPATHY & YOGA SCIENCE (2 years)**

### **I Year**

- 1 Anatomy & Physiology Yoga Practice. SC
- 2 Applied Yoga Kriyas and Bhandhas
- 3 Asana and Pranayama Practice for Disorders-  
Practical-I
- 4 Astanga Yoga & Technique
- 5 Naturopathy
- 6 Naturopathy Treatment for Disorders & food  
Preparation-Practical-II

### **II Year**

- 1 Sutras, Pathanjali and Saint Thirumoolar
- 2 Naturopathy-II
- 3 Teaching Methods for Yoga Practice
- 4 Mudras, Pranayama and Yogic Principles
- 5 Practical-Advanced Azans Foor Yogic Treatment
- 6 Project – Naturopathy