



Digital DishaTM
(A Unit of Shagufta Education Pvt.Ltd.)
(Approved by Ministry of corporate Affairs Govt. of india)
CIN NO- U74999BR2018PTC036840

Advance Diploma in Yoga & Wellness **Course Module**

- Advanced asanas & strength training
- Pranayama & meditation
- Anatomy & nutrition
- Yoga therapy & healing
- Teaching & practical training