



JSS
ACADEMY
OF HIGHER
EDUCATION
& RESEARCH
MYSURU

Centre for
Distance and
Online Education

Anytime
Anywhere
Learning



YOGA INSTRUCTOR CERTIFICATE COURSE

Discover Your Inner Peace and Strength.

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 jssuni.edu.in

Overview

This program provides fundamental knowledge of yoga for self-practice, self-awareness, and personal growth. Offered by the Center for Distance and Online Education at JSS AHER, it's the only university in Mysore offering globally recognized online yoga certification.

Duration : 6 months

Program Highlights

- Understand the basics of yoga for self-practice and teaching.
- Become a professional yoga teacher.
- Foster holistic personality development.
- Access in-depth online lectures from experienced faculty.
- Learn practical yoga from skilled teachers.

Subjects

- Philosophy of Yoga
- Introduction to Hatha Yoga & Practices
- Human Psychology
- Yoga Teaching Methodology Theory
- Yoga Practical Online Activities

Eligibility: Candidates with basic English knowledge.



Career Prospects

- Strengthen your self-practice for health and fitness.
- Start your own yoga studio and teach others.
- Become a personal yoga trainer.
- Work as a yoga instructor in fitness and wellness industries.
- Opportunities in gyms, spas, and more.

Fee

Indian Students: INR 10,000

NRI Students: \$300 USD per year

**"EMPOWER YOUR MIND, BODY, AND SOUL
JOIN OUR YOGA INSTRUCTOR CERTIFICATE COURSE."**

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