




Awesome Skills Academy

Eligibility Level : X

Diploma In Yoga & Holistic Wellness (Non-Medical)(DYHW)

- Yoga Foundation
- Asana Practices
- Pranayama
- Shatkarma
- Yogic Practice
- Traditional Yoga
- Practical Yoga
- Therapeutic Yoga
- Teaching Methodology of Yogic Practice
- Practical & Internship

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