

## FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS (FCYscW)-Weekend

Foundation Course in Yoga Science for Wellness (FCYScW) is a part time course of 2 months duration (50 Hrs.). The classes are conducted for weekends for 03 hrs. duration in the morning and evening hours (7 - 10 am). However, the timings may change as per the convenience of the Institute.

**Eligibility:** 10th pass or its equivalent

**Age Limit:** Open to All. Preferable age is 15 years above.

**Intake Capacity:** Total Seats 60 (offline)

**Selection Procedure:** First Come First Serve Basis

**Duration:** The duration of the programme will be Two Months.