

# Dr.BHOJRAJ'S ACUPUNCTURE & YOGA THERAPY CENTRE

## YOGA THERAPY CLASSES

from

AUG 2016

Mainly for Patients who have already registered and also for Acupuncture practitioners

**Timing:** 4.30 to 5.30 PM

**Venue:** Academy for Acupuncture & Acupressure  
2013, 7<sup>th</sup> Main Road, 'D' Block,  
2<sup>nd</sup> stage, Rajajinagar, Bangalore- 10

**Note:**

- ❖ Should complete lunch before 1 PM
- ❖ Loose dress – **ladies chudidhar preferable**

**Treatment:** Acupuncture treatment will be given along with therapeutic yoga exercises depending on the physical condition.

**Frequency:** Weekly once (Monday-Friday)  
Select any day and repeat for 4 weeks.

### Course Content:

- I Session: Yoga Therapy & simple breathing exercises
- II Session: Simple Asanas depending on age & health condition
- III Session: Pranayama
- IV Session: Meditation

Course Fee: Rs 5000/= To be paid at the time of admission.

Number of participants per day is limited to 6 only.

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**PRANAYAMA INSTRUCTORS COURSE**  
**FOR 6 MONTHS**

**Eligibility:**

- ❖ Should have practiced yoga for at least one year & having interest to learn pranayama and take classes in their area.

**Timing:** Every Saturday 4.30 to 5.30 PM.

**Course Fee:** Rs. 5000/= for 6 months payable during admission.

Course Starts in the 1<sup>st</sup> week of September, 2016.