



Diploma in Yoga

Duration :50 Hrs

Mode of Study: Hybrid

Obtaining a yoga certificate from **Scientific and Technical Education Development (STED) Council** can offer several benefits to students, including:

**Enhanced Knowledge and Skills:** A yoga certification program can provide a deeper understanding of yoga philosophy, history, asana (postures), pranayama (breathing techniques), meditation, and other key aspects of the practice. Students will gain valuable knowledge and skills that can help them improve their own practices and teach others.

**Career Opportunities:** With a yoga certificate from STED, students can pursue a career as a yoga teacher or instructor in a yoga studio, fitness centre, or other health and wellness setting. The certificate holder may also be able to offer private yoga sessions or lead workshops and retreats.

**Credibility:** A yoga certificate from STED can lend credibility to your teaching and help students build a strong reputation in the yoga community. It shows that students have completed a recognized training program and have demonstrated a certain level of proficiency in practice and teaching.

**Personal Growth:** The process of obtaining a yoga certificate can be a transformative experience that helps to deepen one's own practice, cultivate self-awareness and self-discovery, and develop a greater sense of connection to yourself and others.

**Community:** By completing a yoga certification program, students become part of a larger community of yoga practitioners and teachers. This can provide students with opportunities to connect with others who share their passion for yoga, exchange ideas and insights, and support each other on their journey

**Institutional Partner: Patanjali Pranayoga Vidyapeedom**

Pathanjali is engaged in yoga courses enhancement for students and corporates Pathanjali is looking to engage with colleges in different yoga courses.