

ACADEMY OF YOGA AND ORIENTAL STUDIES (AYOS)

(Registration No- 22279/07 of 2006-07)

111, Nirmala Plaza-B, Forest Park, Bhubaneswar, Odisha

Email: ayos@rediffmail.com. Web: www.ayos.co.in

Offers Courses On-

1. M.A in Yoga (Duration 2 Years) – Affiliated by Utkal University of Culture, Bhubaneswar.
2. Yoga Sutra Visharada (Duration 6 months, Only on Sundays)
3. Crash course on Yoga Sutra (Duration 2 Months, Summer Course)
4. Certificate course on Elementary Sanskrit (Duration 6 Months)
5. Certificate Course for Ayurvedic Treatment (Duration 3 months)
6. Certificate Course for Ayurvedic Treatment Management (Duration 6 months)
7. AYOS is running **Swami Vivekananda District Yoga Wellness Centre (SVDYWC)** in Collaboration with MDNIY, Dept. of AYUSH, Govt.Of India at Various places in the Khurdha District.

Conducting –

- Foundation Course in Yoga Science for Wellness
- Daily Yoga Classes
- Yoga Awareness Workshops
- Special Yoga Awareness Programmes

6. **Yoga Therapy** Classes for- High BP. Diabetes, Back problem, cervical spondylitis, Obesity, Asthma, Arthritis, Acidity, Constipation, Cough, Cold, Sinusitis, Headache ,Frozen shoulder, Women disorders etc.

For more details contact-

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