



INDIRA GANDHI CENTRE FOR INDIAN CULTURE  
PHOENIX

**YOGA COURSE TIME TABLE: 2017-2018**

<b><u>Course</u></b>	<b><u>Days &amp; Timings</u></b>
1. <b>6-Months Certificate</b>	Monday & Wednesday 9.00 a.m. to 10.00 a.m.
2. <b>6 Months Refresher</b>	Monday & Wednesday 10.00 a.m. to 11.00 a.m.
3. <b>6 Months Yoga Practice</b>	Monday & Wednesday 11.00 a.m. to 12.00 a.m.
4. <b>6-Months Beginners</b>	Monday & Wednesday 12.00 a.m. to 1.00 p.m.
5. <b>6 Months Refresher</b>	Monday & Wednesday 3.00 p.m. to 4.00 p.m.
6. <b>6-Months Practice</b>	Monday & Wednesday 4.00 p.m. to 5.00 p.m.
7. <b>6-Months Relaxation/Meditation</b>	Monday & Wednesday 5.00 p.m. to 6.00 p.m.
8. <b>1-Year Diploma</b>	Monday & Wednesday 6.00 p.m. to 7.00 p.m.
9. <b>1-Year Diploma</b>	Tuesday & Thursday 9.00 a.m. to 10.00 a.m.
10. <b>6-Months Certificate</b>	Tuesday & Thursday 10.00 a.m. to 11.00 a.m.
11. <b>6-Months Beginners</b>	Tuesday & Thursday 11.00 a.m. to 12.00 a.m.
12. <b>6-Months Relaxation/Meditation</b>	Tuesday & Thursday 12.00 a.m. to 1.00 p.m.
13. <b>6-Months Yoga Practice</b>	Tuesday & Thursday 3.00 p.m. to 4.00 p.m.
14. <b>6-Months Certificate</b>	Tuesday & Thursday 4.00 p.m. to 5.00 p.m.
15. <b>6-Months Beginners</b>	Tuesday & Thursday 5.00 p.m. to 6.00 p.m.
16. <b>1-Year Advance Diploma</b>	Tuesday & Thursday 6.00 Hrs to 7.00 p.m.
17. <b>6-Months Relaxation/Meditation</b>	Friday (3.00 p.m. to 4.00 p.m.)
18. <b>6-Months Children Batch (6-12 Years old)</b>	Friday (4.00 p.m. to 5.00 p.m.)
19. <b>6-Months Yoga Practice</b>	Friday (5.00 p.m. to 6.00 p.m.)
20. <b>6-Months Beginners</b>	Friday (6.00 p.m. to 7.00 p.m.)
21. <b>6-Months Refresher</b>	Saturday (8.00 a.m. to 9.00 a.m.)
22. <b>6--Months Relaxation/Meditation</b>	Saturday (09.00 a.m. to 10.00 a.m.)
23. <b>6-Months Beginners</b>	Saturday (10.00 a.m. to 11.00 a.m.)

24. **6-Months Children Batch**  
**(6-12 Years old)**

Saturday (11.00 a.m. to 12.00 a.m.)