



**रिशुद्धि**  
YOGA

## Course Fee

### Online Yoga Courses

Course Name	Price In EU	Duration	Sessions
Pranayama Sadhana Course	275	6 weeks	12 sessions, twice a week
Foundation Mudra and Bandha Course	275	6 weeks	12 sessions, twice a week
Upward Spiral Kundalini Program	725	4 months	48 sessions, thrice a week
Karma Yoga and Yoga Philosophy Course	395	2 months	16 sessions, twice a week

### Online Ayurveda Courses

Course Name	Price In EU	Duration	Sessions
Basic Ayurveda Course	195	4 weeks	8 sessions, twice a week
Advanced Ayurveda Course	325	6 weeks	12 sessions, twice a week
Diet and Nutrition Course	425	2 months	16 sessions, twice a week
Herbal logy Course	425	2 months	16 sessions, twice a week