



**रिशभुद्धि**  
YOGA

## Course Fee

### Online Yoga Courses

Course Name	Price In EU	Duration	Sessions
Pranayama Sadhana Course	275	4 weeks	8 sessions, twice a week
Foundation Integrated Course in Pranyama, Mudra and Bandha	550	8 weeks	16 sessions, twice a week
Upward Spiral Kriya Kundalini Program ( Level 1)	725	2 to 3 months	20 sessions, twice a week
Upward Spiral Kundalini Program ( Level 2)	750	2 to 3 months	22 sessions, twice a week
Karma Yoga and Yoga Philosophy Course	395	6 weeks	12 sessions, twice a week

### Online Ayurveda Courses

Course Name	Price In EU	Duration	Sessions
Basic Ayurveda Course	195	3 weeks	6 sessions, twice a week
Advanced Ayurveda Course	325	6 weeks	12 sessions, twice a week
Ayurveda Diet and Nutrition Course	425	6 weeks	12 sessions, twice a week
Ayurveda Herbalism Course	425	6 weeks	12 sessions, twice a week

#### Note:

1. Additional taxes (12 %) are applicable above the prices and quotes here
2. Course extension would also cost 10 Eu per session in case you can't make it to the scheduled session on any particular day or time. Advanced intimation & approval is required for extensions