

JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES, COIMBATORE.

AIRFORCE YOGA INTEGRATION COURSE INAUGURATION

JSS Institute of Naturopathy and Yogic Sciences, a prestigious institution in the field of Naturopathy and Yoga education in the country, is honored by getting a chance to serve the Indian Air force personals by conducting Yoga Instructor Course of one month duration.

The Inaugural session of the sixth batch was held on 5.12.2018 during the auspicious occasion of the 103rd Jayanthi Mahotsava celebration of H. H. Jagadguru Shri Shivaratri Desikendra Mahaswamiji. The participants were explained in brief about the principles of Yoga, the regulations to be followed and their daily routine.