



INDIRA GANDHI CENTRE FOR INDIAN CULTURE

SWAMI SIVANANDA AVENUE

PHOENIX

TEL: 6987338, 6987899

FAX: 697 2925 EMAIL: IGCICMAIL@GMAIL.COM

ADMISSION NOTIFICATION FOR YOGA COURSE 2019-20

Admission is now open for new batches of *6-Months Certificate, 6-Months Beginners, 6-Months Relaxation / Meditation, 6-Months for Children (between 6 to 12 Years), 6-Months Refresher, 6-Months Practice, 1-Year Diploma & 1-Year Advance Diploma in Yoga Course*, which will start from **1st May 2019** at the Indira Gandhi Centre for Indian Culture, Phoenix.

A **non-refundable** Registration fee of **MRs.500/- for 6-Months Batches & MRs. 800/- for 1-Year Batches** is to be paid (**in cash**) at the time of enrolment.

Application form along with details of the offered Yoga Course Batches and their timings may be downloaded/obtained from our website: <https://hcimauritius.gov.in/> IGCIC Facebook: www.facebook.com/igcicphoenix/. Registration for the course will be held at Indira Gandhi Centre for Indian Culture, Swami Sivananda Avenue, Phoenix **from 22nd to 25th April 2019 between 1000 hrs. to 1200 hrs. & from 1430 hrs. to 1615 hrs.**

The application form filled in all respect should be submitted in person at our office latest by **25th April 2019**.

The advert will be put on the following three newspapers on:

<i>Mauritius Time</i>	-	<i>Friday 19 April 2019</i>
<i>L'Express</i>	-	<i>Friday 19 April 2019</i>



INDIRA GANDHI CENTRE FOR INDIAN CULTURE
PHOENIX

YOGA COURSE TIME TABLE: 2019-20

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



INDIRA GANDHI CENTRE FOR INDIAN CULTURE
SWAMI SIVANANDA AVENUE
PHOENIX

APPLICATION FORM FOR YOGA COURSE

Student Full Name (in Block Letters):

.....

Date of Birth: **Age:**

Nationality

Address:

Occupation: **Telephone No. (Res.):**.....

Mobile No.:..... **(Office):**

E-Mail Address :

Educational Qualification: -.....

Languages Known:

Health Problem (If any):

Batch applied for:

.....

Previous Knowledge (If any):

.....

Date

.....

Candidate's Signature

Course & Batch Admitted in:

Yoga Teacher Signature & Date:

Receipt Number: -..... **Dated:**

(Accounts Clerk)