

THE ULTIMATE YOGA THERAPY

Online Certificate Course

Skill-up With 'Medical Yoga' Curing
Musculoskeletal Conditions



For Bookings, Contact Us: +91-8448331324 or +91-97552 90926

Learn From India's Leading
Medical Yoga Expert

DR. DEEPAK SACHDEVA

Founder, Director -
Medical Yoga Centers

- **15+ years of exceptional work** in the field of "Yoga Therapy for Pain Relief"
- **PGD** in Therapeutic Restorative Yoga
- **M.Phil** in Yoga Therapy
- **Ph.D.** in Yoga
- **Honorary Doctorate** by the Indian Board of Alternative Medicines for exceptional work done in the field of "Yoga Therapy for Pain Relief"
- **Anatomy X: Musculoskeletal Cases** - a course from Harvard University
- Earned numerous **acknowledgments & awards** (including one from **the President of India**)
- **12,000+ patients** have benefitted from his LIVE health talks in Singapore, Malaysia, Hong Kong, Dubai, India & Australia



With exceptional skills in the human body's biomechanics and expertise in body movements, Dr. Deepak's understanding of the body's muscles, bones, joints, and their pathology is exemplary.

COURSE INCLUSIONS

- 8 Weeks | 38+ Hours of LIVE Learning
- 14 LIVE Interactive Sessions
- 3 LIVE Q&A Sessions
- Study Literature - Course Manuals, Workbooks, PPTs, Learning Videos & Audio Guides
- WhatsApp Group Support
- Access To Alumni Community & Course Refresher Events
- Access To an Exclusive WhatsApp Group With Dr. Deepak Sachdeva (For Case Discussions & Knowledge Enrichment)

ELIGIBILITY CRITERIA This Course Is For You, If:



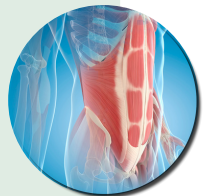
You are suffering from frequent pain in the back, neck, shoulder, knee, legs, ankle, or foot

You want a medicine-free, surgery-free way to relieve your pain and keep it off



Yoga or medical professional (Yoga trainer, doctor, physiotherapist, natural health coach, healthcare provider, etc.), who wants to skill up

You want to learn about muscles, bones & their connection with body movements to improve healing outcomes / or to heal yourself



You have done the Yoga Anatomy course with Dr. Deepak or an equivalent course, and are interested in learning more about 'Healing with Yoga'

HEALTH BENEFITS & WORK SCOPE

SKILLING UP



Yoga trainers, physiotherapists, medical professionals, and healthcare providers will be able to:

- Integrate the 'ultimate pain relief & healing yoga techniques' in their treatment methods
- Gain an advanced perspective of human anatomy & biomechanics
- Expand your scope of work by catering to patients/clients that have musculoskeletal conditions (listed above)
- Diagnose their clients' conditions better, and create a 'custom-made yoga healing program

HEALING



- Pain Relief: Cure back, neck, knee, and musculoskeletal conditions using taught techniques.
- Healing Musculoskeletal Conditions: Relieve sciatica, slip disc, frozen shoulder, and cervical problems with yoga.
- Partner with studios/trainers for Yoga Therapy Classes or run workshops.
- Provide specialized services to hospitals, retreat centers, naturopathy/Ayurveda centers, or rehabilitation centers

EMPLOYMENT & ENTREPRENEURSHIP



After completing the on-floor training* of this course, students can:

- Apply to work at Dr. Deepak Sachdeva's medical yoga centres - providing 'On-site consultation', 'online consultation', or home visits to patients
- Certified yoga & medical professionals can open their own yoga therapy healing facilities/centres

COURSE **SCHEDULE:**

MODULE 1: NECK, SHOULDERS & ARMS

STARTS FROM 16 JUNE - 24 JUNE 2023

LIVE Session 1: 16 June (Fri) | 3:00 - 4:30 PM

- Comprehensive anatomy of neck, arm & shoulders & upper spine
- Basic movement
- Muscles involved in various yoga postures
- Learning with visualization and precision

Followed by a non-mandatory test to score

LIVE Session 2: 22 June (Thu) | 3:00 - 5:45 PM

LIVE Session 3: 23 June (Fri) | 3:00 - 5:45 PM

LIVE Session 4: 24 June (Sat) | 3:00 - 5:45 PM

- Deeper study on painful areas (Around the neck, arm, shoulders like Cervical Spondylosis, Osteophytes, Loss of Curvature, Neck and Shoulder Stiffness, Frozen Shoulder, Radiculopathy/ referred pain in the arm, nerve pinching, slip disc, and many more intricacies)
- Yoga Therapy with props
- Study of MRI and X-ray to device a yoga sequence

Followed by a non-mandatory test to score

LIVE Q&A Session 1 With Dr. Deepak: 01 July (Sat) | 4:30 - 5:30 PM



COURSE **SCHEDULE:**

MODULE 2: LOWER BACK & HIP JOINTS

STARTS FROM 06 JULY - 15 JULY 2023

LIVE Session 5: 06 July (Thu) | 3:00 - 5:45 PM

LIVE Session 6: 07 July (Fri) | 3:00 - 5:45 PM

- Comprehensive anatomy of Lower back & hip joints
- Basic movement
- Muscles involved in various yoga postures
- Learning with visualization and precision

Followed by a non-mandatory test to score

LIVE Session 7: 13 July (Thu) | 3:00 - 5:45 PM

LIVE Session 8: 14 July (Fri) | 3:00 - 5:45 PM

LIVE Session 9: 15 July (Sat) | 3:00 - 5:45 PM

- Deeper study on painful areas (Lumbar Spondylitis, Facet joints Arthropathy, Sacroiliitis, Slip disc, Performis syndrome, nerve pinching, slip disc, and many more intricacies)
- Yoga Therapy with props
- Study of MRI and X-ray to device a yoga sequence

Followed by a non-mandatory test to score

**LIVE Q&A Session 2 With Dr. Deepak:
22 July (Sat) | 4:30 - 5:30 PM**



COURSE **SCHEDULE:**

MODULE 3: KNEE, ANKLE & FOOT

STARTS FROM 27 JULY - 5 JULY 2023

LIVE Session 10: 27 July (Thu) | 3:00 - 5:45 PM

LIVE Session 11: 28 July (Fri) | 3:00 - 5:45 PM

- Comprehensive anatomy of Knee, Ankle & Foot
- Basic movement & Muscles involved in various yoga postures
- Learning with visualization and precision
- Common pathologies and Do's and don'ts
- Alignment of the legs and the weight-bearing axis
- Arches of the foot and their role in a healthy knee joint

Followed by a non-mandatory test to score

LIVE Session 12: 3 Aug (Thu) | 3:00 - 5:45 PM

LIVE Session 13: 4 Aug (Fri) | 3:00 - 5:45 PM

LIVE Session 14: 5 Aug (Sat) | 3:00 - 5:45 PM

- Meniscus tear, Ligament injuries, Knee osteoarthritis, Patellar dislocation, Chondromalacia patella, Nerve Pull at the back of the leg, Hamstring Pull, Flat/ prone/ high foot arches, Cramps in the calves, Calcaneous spurs, Three common fracture sites of the foot, Bunion, Gout
- Questions to be asked to a patient before starting the treatment
- Introduction to X-rays of knee and foot

LIVE Q&A Session 3 With Dr. Deepak

12 Aug (Sat) | 4:30 - 5:30 PM



ON-FLOOR TRAINING

Hands-on practice sessions for Each Module of the course

Please Note: THIS IS A PAID TRAINING. ADDITIONAL FEE APPLICABLE

Eligibility Criteria: Yoga Practitioners, Yoga Therapists, Yoga Instructors & Healers, Yoga TTC graduates, Physiotherapists & Medical Professionals Who Have Completed This Course

Join the **exclusive 15-day on-site training** at Dr. Deepak's medical yoga center to get hands-on experience in managing patients and treating their musculoskeletal conditions

This training is **not included in the online course. Students will have to pay separately for this training. You can contact the institute directly to join this training, after completing the online course.

CERTIFICATION*

This program trains you to heal yourself as well as practice medical yoga therapy to heal patients, which requires proper certification and hands-on practical training

Online Course Certificate: After completing the course with 100% attendance you will receive the certificate for the online program

Complete Course Certificate: (Mandatory To Practice Medical Yoga Therapy): You will receive this certificate only after completing the 3 weeks of on-floor training, after the online course.

***Certification is affiliated by Dr. Deepak Sachdeva's Medical Yoga Centre.**

~~₹11250~~
₹9000
20% Discount Inclusive

Module I: Neck,
Shoulders & Arms

~~₹30000~~
₹24000
20% Discount Inclusive

Module I: Neck,
Shoulders & Arms

Module II: Lower
Back & Hip Joints

Module III: Knee,
Ankle & Foot

~~₹63000~~
₹57000
20% Discount Inclusive

Module I, II & III

On-Floor Training
In Delhi: 3 Weeks
Training (Worth
INR 33,000/-)
Hands-on practice sessions
for Each Module of the course

Payment Method

- Payment can also be done by GPay (Any UPI Payment Mode) or Paytm to 9910607815
- Please send a screenshot of the payment to the same number OR mail it to events@wellcure.com



Scan to Book

Please call or WhatsApp for any queries:

+91 8448331324 (Vandana) or +91 97552 90926 (Sanjana)

Join WhatsApp Group:

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