

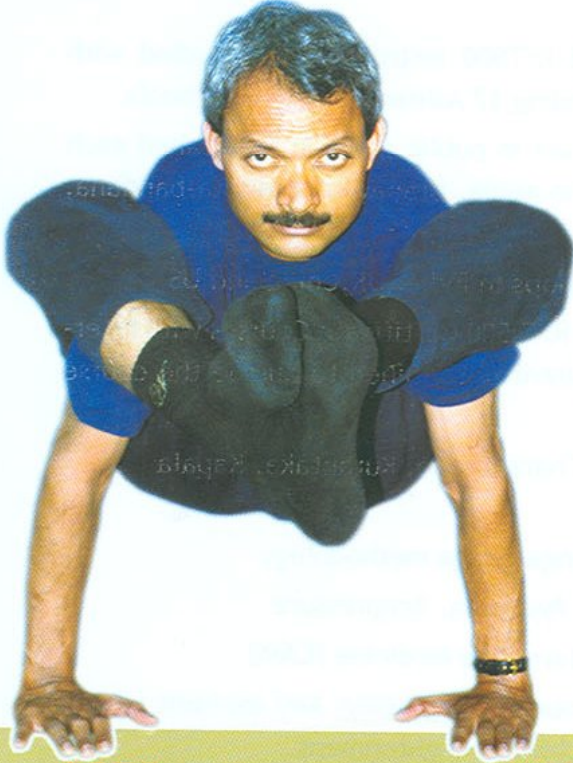


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Traditional Yoga

7 రోజుల ఉచిత యోగశిక్షణ



Yoga Master KUMAR

Yoga schools studied - Sivananda(1978-80), Bihar School of Yoga(1980-82), Ashtanga-Pattabhi Joice(1982-83), BKS Iyengar Yoga(1984), Desikachar(Viniyoga), Ananda Ashram, Kriya Yoga-Yogoda, Ananda, Mangeshda, Kailash Ashram, Kaivalyadhama, Gotocha, Kurthalam, Mother Sayama, Ajhan Thet, Ajhan Bhu, Vivekananda Yoga Kendra, etc.

A Spiritual Scientist and a Mentor under whose guidance 31 students in India and West got enlightened.

Our 8-Point Formula to reverse any disease -

- Right Diet/Nutrition ● Asana ● Pranayama ● Mudra
- Bandana ● Yoga Kayachikitsa ● Right Meditation
- Complementary Alternative Medicine (CAM)

JOIN & LEARN MANY NEW THINGS ...

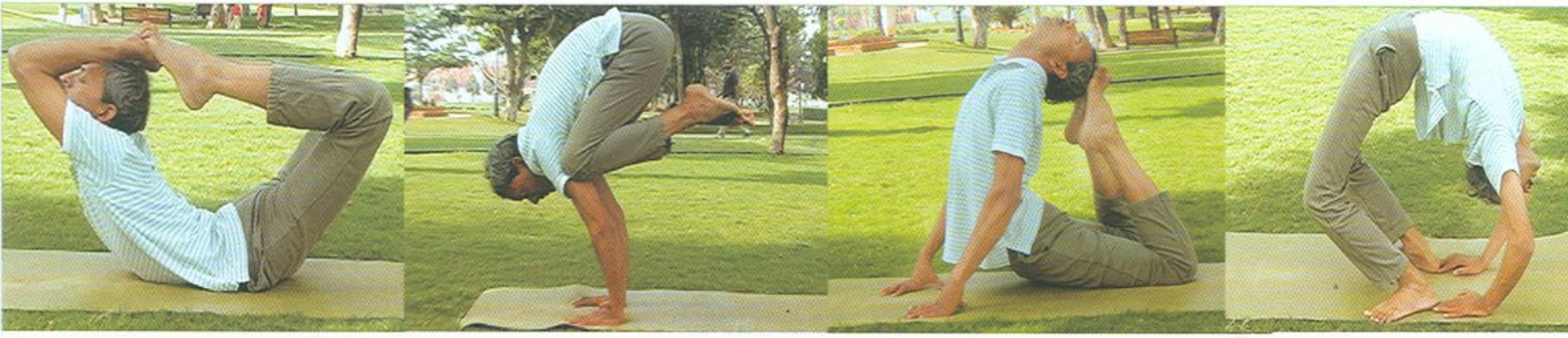
AREA**VENUE****FROM****TO****CONTACT****OSMANIA UNIVERSITY
CAMPUS****Landscape Garden
(Opp. Library)****04-5-2014****10-5-2014****93469 34633
92465 80829**

అందరూ ఆహ్వానితులే!

- మీ యోగ మ్యాట్ / బెడ్ షీట్ మీరే తెచ్చుకోగలరు.
- ఏ రోజైనను వర్క్ షాపులో పాల్గొన వచ్చు.

7 DAYS FREE YOGA WORKSHOPS

Daily Classes From 5.00 am To 7.00 am



“The shortest way to reach the goal of ultimate happiness is practicing all limbs of hatha yoga and raja yoga (yoga darshana). This is the principle.”

Kumar, the honorary faculty is an E-RYT500 instructor who studied with India’s most acclaimed teachers attending 37 Ashrams and yoga schools.

Free summer workshops on large scale in public parks in Hyderabad each year. 15,000 aspirants trained so far in asana, pranayama, mudra-bandana, diet and nutrition.

Seminars, guest lectures and workshops in India, UK, China and US
 Teachers Training courses RYT-200 & RYT-500 Certificate Courses with international validity. Eligibility: Any aspirant determined to pursue the course sincerely.

- Hatha Yoga- special emphasis on Charanadasa, Kurantaka, Kapala Kurantaka, Ashtanga and Vinyasa
- Raja Yoga- Ashtanga yoga & Ashtanga Magga methodology
- Vedic Texts, Anatomy, Physiology, Ayurveda, Acupressure and Astrology, Complementary Alternative Medicine (CAM)

Residential Meditation and Yoga Courses: Eligibility: Any aspirant who is seeking technique and guidance to achieve enlightenment.

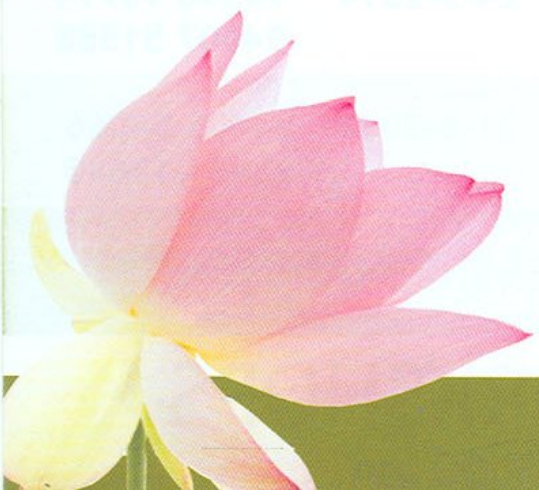
- 10-day Summer course in August in UK
- 15-day Winter course in December in India

“Samadhi is a blissful state of mind and not to be confused with enlightenment”.

- 31 students got enlightened under the guidance of Kumar

Complementary Alternative Medicine: Consultation with Kumar for Cancer, Cardio Vascular Diseases (CVD), Kidney Disease, Hypothyroidism, Diabetes, Arthritis, Osteoporosis, etc., on prior appointment

Best treatment protocols for Cancer. 17 out of 20 cases cured last year with a success rate of 85%.



www.traditionalyogafoundation.org
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Organized by
YOGA HEALING FOUNDATION