

YOG

SPECIAL YOG COURSES

This year there is offer for three special courses on YOG by Dr. Mansee Bal Bhargava:

1. **YOG for LIFE**
2. **MEDITATION**
3. **ADVANCE YOGASAN**

The aims of the courses are to equip you to know more about self's mind and body from within and practically to remain fit and stay away from medicines to some extent. The courses involve art of living 'healthy and happy' and to bring positive energy into one's life. Some of the common problems that are addressed through the courses are stress, anxiety, depression, anger, cough/cold, joint pains, stomach upsets, cholesterol control, diabetes etc.

To make choice of the course/s, following is the brief of each course:

YOG for LIFE includes basic asanas (body postures), meditation and everyday tips that can be learnt by all age groups. It is good for beginners and for those who know basic Yog and are seeking something for regular practice. The course will equip you to practice Yog on your own for entire life.

MEDITATION includes dhyaan (concentration), shuddhi kriya (cleansing process), and pranayama (breathe control). It is good for those who seek to learn higher level Yog and for those who seek peace and happiness through meditation. Good for everyone, this course is highly recommended to people who undergo regular depression, anxiety, anger or stress. It is not compulsory to know basic Yog for this course, but it is beneficial if one knows basic Yog. The course will equip you to meditate on own for entire life.

ADVANCE YOGASAN includes difficult and complex Yog asanas (body postures) and higher level meditation lessons. It is good for those who seek to learn more about Yog and Science of Yog after having some knowledge of Yog. It is also good for participants who seek some challenge and adventure in Yog. For this course, it is necessary that participants are currently practicing some form of Yog in their routine.

COURSE CONDITIONS

- There are 10 lessons in 10 weeks for each course in 3 months (2 weeks off).
- The course will run when minimum 10 participants are registered for the course.
- Each Session will be of 60 minutes. The participants must count 90 minutes to include practice and discussion.
- Participants' health and fitness is the priority. It is necessary for the registered participants to inform about their health issues. It is also a confidential matter which is ensured since you only speak to Mansee about it.

COURSE LOGISTICS

- The logistics are based on institutional engagement or small groups coming together to take the course.
- *The Course earning goes directly for the Philanthropic Activities.

