

YOGA AND NATURE CURE



- YOGA
- NATUROPATHY



**“Sickness is an Opportunity
to Know the Imbalances of the Body
with Nature and to Know
the Actual Root Cause of the
Illness.”**

Nature cure and Yoga is a science of healthy living. Through yoga and naturopathy, we can live healthy & happily. It teaches us the right way of healthy living in all the planes of health (physical, mental & spiritual).

Naturopathy believes that **Body Heals Itself**. It is a holistic way of approach. It helps us to realize the power of self-healing nature of our Body. It also teaches us, how we should live in a healthy way? What we should eat? How should be our daily routine?

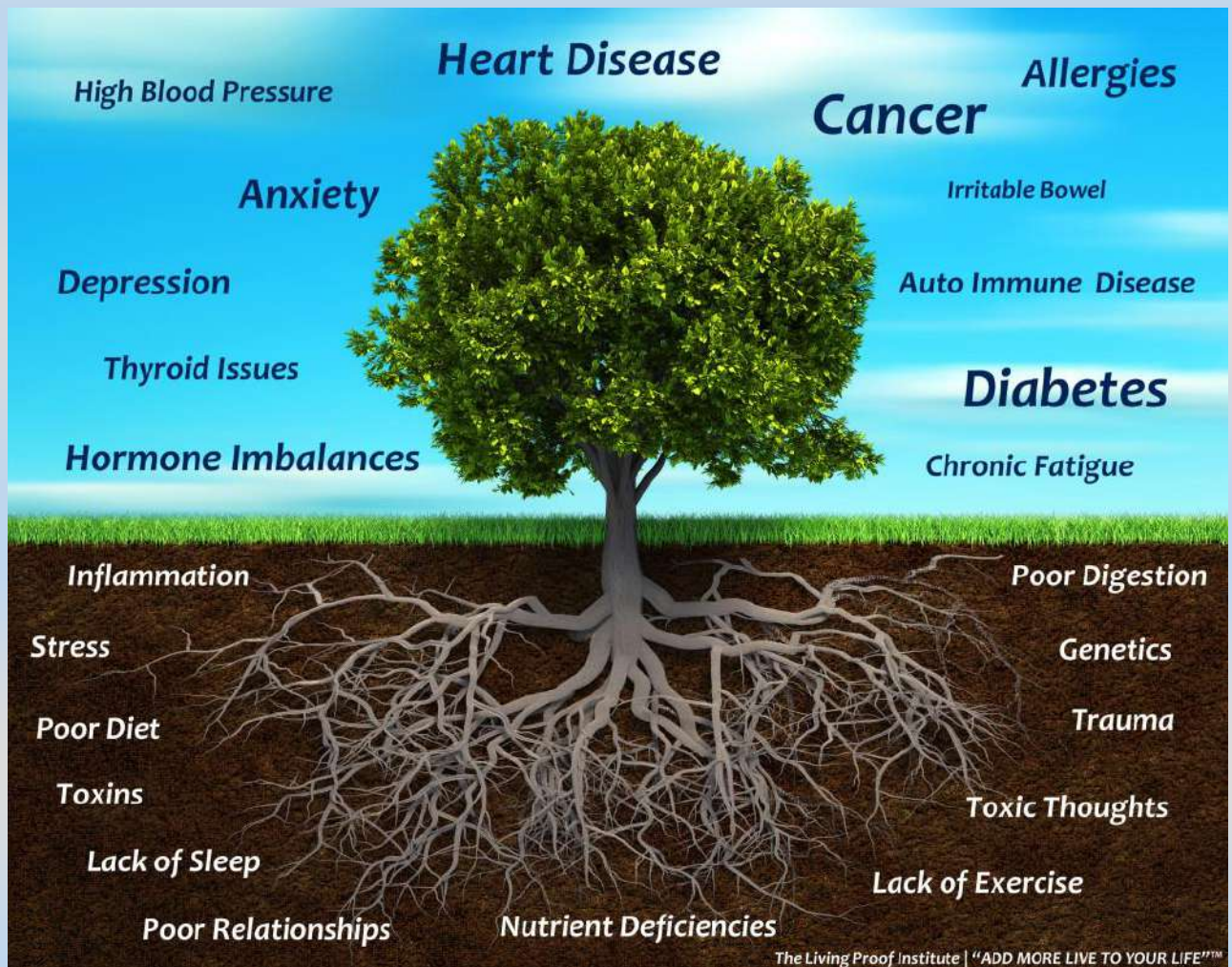
Utmost it teaches that nature is the greatest healer. The human body itself has the healing power to prevent itself from disease and regains the health.

Yoga is the union of body, mind and soul. Yoga is a universal practice irrespective of culture, race, caste, religion, age and sex. Yoga helps find a way to freedom.

Yoga is a practice for self-realisation. It helps to improve one's inherent power in a balanced manner. Yoga brings tranquillity to our body and mind. It leads us to a balanced state of mind and health. It allows us to live happily. The continuous practice of yoga improves the health and prevents the diseases.

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NATURE CURE



Nature cure is a way of healthy living, in which we learn the techniques of self-healing with the healing powers of nature. Nature is the best healer. Body has its own capacity to prevent itself from disease and regain health if fallen sick. Naturopathy treats the body as a whole.

Naturopathy believes that for all the diseases the causes and the treatment is one. Except from traumatic or environmental conditions, accumulation of morbid matter is the root cause of all diseases. Prevention and elimination of toxins is the route to health.

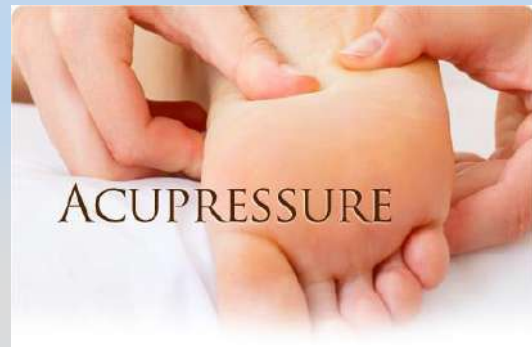
According to Naturopathy, Human body is comprised of five great elements called Panchamahabhuthas. Imbalance in these elements in body leads to disease. Treatment in naturopathy are made with these five great elements i.e.

- Earth
- Air
- Water
- Fire
- Space/Ether



TREATMENT MODALITIES

- Diet therapy
- Fasting therapy
- Hydrotherapy
- Acupuncture
- Acupressure



DIET THERAPY

” LET FOOD BE THY MEDICINE
LET MEDICINE BE THY FOOD

HIPPOCRATES



Diet is one of the fundamentals of natural therapy. This usually involves the modification of an existing dietary lifestyle to promote optimum health. The diet program is planned according to individual needs.

According to yoga food is not only for physical fitness, but it also influences the mental and spiritual health.

“When Diet Is Wrong, Medicine Is Of No Use.

When Diet Is Correct, Medicine Is Of No Need”.

Mainly for OBESITY, PCOS, MIGRAINE, INFERTILITY & all Life Style Disorders.

- Weight reduction with stomach full of food.
- NO Starving
- Eat healthy Eat happily
- Healthy weight loss

FASTING THERAPY

"Langanam parama oushadham"



Fasting is the supreme cure. Here we practice therapeutic fasting in which specific juices/soups are given as per disease condition. It helps in elimination of the toxins by giving rest to the digestive system and enhancing the healing properties within our system. Fasting is not starvation, it is systematic abstinence from food for

specific period of time. Here we suggest fasting for the patients in a scientific way, according to the patient's condition and the will.

ACUPUNCTURE



Acupuncture is an ancient Chinese traditional technique given by inserting the fine needles into the body.

It believes the principle of removing the blockage in the energy channels and allows the proper energy flow and balances the two energy forces.

In fact, Acupuncture is one of the most powerful drugless treatment tools which is being used to heal a variety of disease conditions by experienced doctors. Acupuncture is very effective in pain management, anxiety, depression, diabetes, hypertension, Migraine, sinusitis, sleeplessness, asthma, back pain, obesity, epilepsy, skin problems, spondylitis, arthritic conditions of all joints etc.

ACUPRESSURE



Acupressure is an ancient healing art that uses the fingers or any blunted objects to press key points called as 'Acu Points' (Energy stored points) on the surface

rhythmically on the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force to aid healing.

Acupuncture and acupressure use the same points, while acupressure uses the gentle but firm pressure of hands or any blunted objects, but acupuncture employs needles, Acupressure has been practiced as a healing art for at least 5,000 years.

HYDROTHERAPY

Hydrotherapy is a branch of naturopathy. Water is used as the medium of treatment in different forms.

Water is without doubt the most ancient of all remedial agents for all the disease. This great healing agent has now been systematized and made into a science. Water is used in many forms in treatment.

The various forms of treatments are:-

- Compresses, Packs and Fomentation
 - Cold and hot compresses & Revulsive Compress
 - Abdominal Pack, Eye Pack, Gastro-Hepatic Pack, Kidney Pack, Chest Pack, Throat Pack, Spinal Pack, Knee Pack,

- FACIAL PACK
 - Cucumber Pack, Papaya Pack, Herbal Pack, Mud Pack

- Baths
 - Hip Bath- Cold, Neutral, Hot and alternative hip bath, Stiz Bath
 - Spinal Bath:-Cold, Neutral, Hot
 - Foot and Arm Bath
 - Steam Inhalation
 - Steam Bath
 - Sponge Bath

- Immersion Baths

- Cold Immersion Bath
- Cold Immersion with Friction
- Neutral Immersion Bath
- Hot Immersion Bath
- Neutral Half Bath

- Enema

- Graduated Enema
- Vaginal Irrigation
- Cold Irrigation
- Neutral Irrigation
- Hot Irrigation.

OIL PULLING

Oil pulling is a simple and effective technique to maintain oral hygiene. Oil pulling is an ancient technique known as Gandusha. Oil pulling involves holding a medicinal liquid in the mouth and involves retaining as well as moving the liquid in the mouth. Oil pulling involves sipping a tablespoon of oil and retaining, swishing and moving it in the mouth for 10 to 15 minutes, to pull out the toxins and microbes. Edible sesame oil is traditionally used for *Oil pulling*.

In the *Charaka Samhita*, it is said that Oil Pulling can cure around 30 systemic illness including head ache, migraine, diabetes and asthma.

YOGA



**“It’s never too late
it’s never too bad
and you’re never too old or too sick
to start from scratch once again.”**

Bikram choudary

“Quieting of the Mind; Ceasing of Ruminations.”

Yoga is a comprehensive program including physical postures, breathing exercises and meditation. Yoga helps cultivate a sense of well-being and relaxation, perhaps by temporarily taking your mind off of your worries and the sources of your stress.

The urge to practice yoga is beyond the urge for fitness of body. There is an urge in every human being, regardless of mortality...religion...culture... the urge for bliss. For union. To be in a state of liberation. This is why we seek out knowledge and practice through which we can unify our beings and actively take steps to matter our own evolution.

Yoga the Most Powerful Tools To Beat Stress And Other Ailments, Combined With Kriyas And Pranayama (Meditation)

So many patients and public get relieved from pain and suffering through yoga therapy. Basically and momentarily human development takes place on three different planes, called physical, mental and spiritual. Yoga keeps you healthy by upholding harmony. Optimum functioning in all three levels through complete self-control can definitely be achieved if Yoga is practiced on a regular basis in its proper and recommended form.

YOGA AS THERAPY

Healing aspect of Yoga is taken into consideration because it is one of the best tools to uproot the problems which originate in mind and manifest in the body. It also takes one towards developing the positive frame of mind and achieves the holistic (total) health.

The Yogic Therapy includes other finer aspects like Asanas, Pranayama, Meditation, Kriya's, counselling and positive talking which is of very high therapeutic value, in stress induce disorders. "Stability" the main stay of life can be achieved by practicing asanas. It shapes the body and mind to attain holistic health.

ASANAS



“STHIRAM SUKHAM ASANAM”

Steady and Comfortable Posture. Each and every asana is beneficial in maintaining good health and healing diseases and has important curative values. A thorough study on each of these methods would not only create awareness but also would help you to know and practice these postures in a proper way.

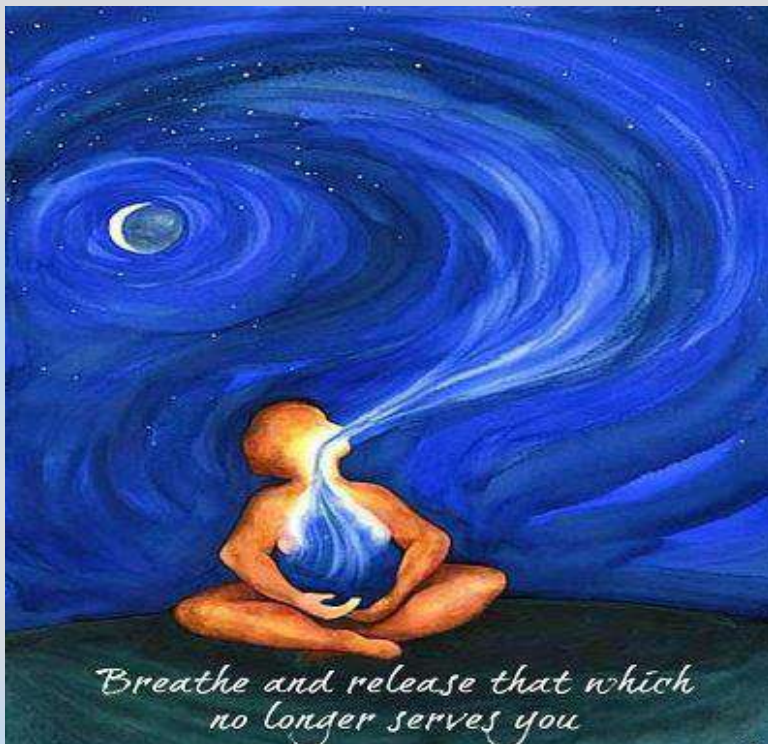
CURES...

Practice of regular yogasanas can relieve many common and life threatening illness such as **arthritis, chronic fatigue, diabetes, asthma high blood pressure, back pain, weight reduction, obesity, common cold, constipation, epilepsy, skin problems** and **respiration problems**.

Yoga also helps in rehabilitation of new and old injuries.

PRANAYAMA

“The Natural Healing Force Within Each Of Us Is The Greatest Force In Getting Well.”



Pranayama is the breathing technique through which we control our Prana; the **Vital Force**. According to yoga, if there is any imbalance in the flow of Prana, it manifest as disease condition. To cure the disease, we balance the flow of Prana through the Nadis with the help of Prana Shakti.

Pranayama further purifies

the nervous system and vastly increases the quantity and quality of vital energy flow.

KRIYAS



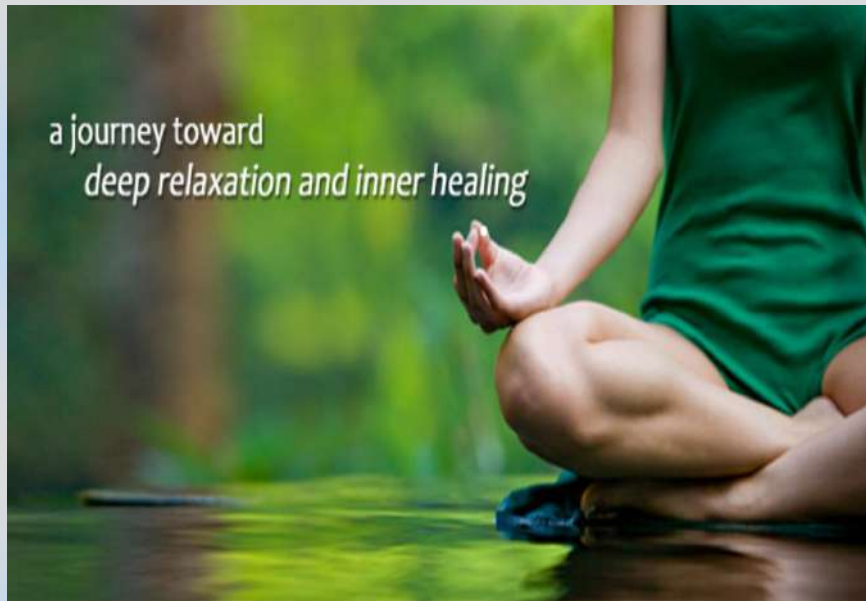
Kriyas are cleansing techniques, which we used to purify our body and mind. According to tridosha theory, the human body is made of three basic constituents called Vata, Pitta and Kapha. If any imbalance in the constituents in the body leads to diseases. Yoga recommends six purification processes to get and keep the equilibrium of these

tridoshas. They are called as Shat kriyas (six purification processes). They are

1. Neti - Nasal cleansing.
2. Dhauti - Cleaning of digestive tract, stomach.
3. Nauli - Abdominal massage.
4. Kapalabhati - Purification of frontal lobes and lungs.
5. Basti - Colon cleaning.
6. Trataka - Blinkless gazing.

These six cleansing processes are excellent practises designed to purify the whole body, and to get good health. These sequence of practices very specifically prepares you to raise your vibratory frequency to that of a more shining, peaceful and joyous human being.

MEDITATION/RELAXATION TECHNIQUE



Relaxation technique (also known as relaxation training) is any method, process, procedure, or activity that helps a person to relax; to attain a state of increased calmness; or otherwise reduce

the pain, anxiety, stress or anger. Relaxation techniques are often employed as one element of a wider stress management program and can decrease muscle tension, lower the blood pressure and slow heart and breath rates, among other health benefits.

Various techniques are used to improve the state of relaxation. Some of the methods are performed alone; some require the help of another person (often a trained professional); some involve movement, some focus on stillness; while other methods involve different elements.

Types of relaxation techniques.

- Yoga Nidra
- Meditation
- Mind body relaxation
- Deep breathing
- Visualisation
- Transcendental meditation
- Progressive muscle relaxation

The Neurobiology in psychosomatic regulation



the light of pure divine consciousness.

Why is the combination of asana, pranayama and meditation exponentially powerful than only asana practice?

We all have equal access to liberation through our nervous system.

Integrated yoga practice is the systemic application of specialised technique to purify and activate our “Neurobiology” we can choose to become more radiant conductors of

CLASSES

- FITNESS YOGA
- BEGINNERS YOGA
- **THERAPEUTIC YOGA** (BACK PAIN, OBESITY, PCOS, HYPERTENSION, DIABETES, MENSTRUAL PROBLEMS, SLEEPLESSNESS, INFERTILITY, THYROID PROBLEMS, SINUSITIS)
- YOGA FOR **STRESS MANAGEMENT**
- POWER YOGA/ YOGA FOR WEIGHT LOSS
- PREGNANCY YOGA/ POST NATAL YOGA
- YOGA FOR OLD AGE
- KRIYA YOGA FOR DETOXIFYING
- PRANAYAMA (BREATHING)
- **MEDITATION**
- TRATAKA
- YOGA NIDRA
- We provide INDIVIDUAL YOGA SESSIONS

TIMINGS

SUNDAY TO SATURDAY

- MORNING 6:30AM - 9:30AM
- AFTERNOON 2:30PM - 7:30PM

BATCHES

- Regular batches
- Alternate day's batch
- Weekend classes

FAQ

Q. What is the best time for practice?

The best time for practice is in the early morning preferably during sunrise and sunset. Practice regularly at the same time.

Q. What is the right place for yoga practice?

Practice in a quiet, clean, and pleasant room which is well ventilated. Practice regularly at the same place each day by spreading the firm carpet or yoga mat on the ground.

Q. How should we breathe during yoga asana practice?

Breathing should be through the nose only, never hold your breath, and breathe normally all the time.

Q. What should be my clothing to practice yoga?

Wear loose, non-constricting clothing made of natural fibres during the practice.

Q. Is there any rules and regulation on Food, bathing and bowel movement before starting yoga practice?

- **Cleanliness:** Before starting practice, the bladder should be emptied and try to clear the bowels.
- **Bath:** Take a bath before commencing the practice. Do not take bath for at least half an hour after the practice.
- **Food:** To get best result practice should be done in empty stomach. One should not do yoga practice immediately after having the food and should ideally give at least 3 hours gap after meal for the practice

SPECIALITIES IN HEALING EARTH

- Created in a perfect space for yoga classes.
- Experience the service of well experienced doctor.
- Individual attention for every yoga students.
- Special therapeutic yoga classes according to the patient's condition.
- Increased health consciousness at a multi-dimensional level, to enable one to adopt a healthy lifestyle.
- We strongly believes in the integration of Ayurveda and yoga for the best results.
- Our well-qualified yoga doctor will help you to find the best kind of yoga, the right frequency and the most effective diet and lifestyle changes.

HERE WE INTEGRATE AYURVEDA, NATUROPATHY AND YOGA FOR THE
BETTERMENT OF PATIENTS CONDITION. IMPROVES THE VITALITY BY
NATURE'S PRINCIPLE. THROUGH AYURVEDA & YOGA WE DETOXIFIES THE
BODY & MIND. PAIN MANAGEMENT THROUGH ACUPUNCTURE.



*"To Be Healthy and Happy Practice Yoga Regularly, Come
and Join With Us To Transform Your Inner Self ...*

And

Be Blessed With a Healthy Life..."