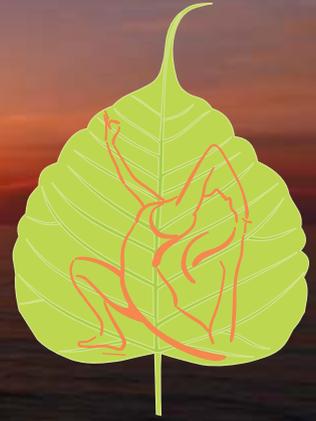


# āyur yoga

...reclaiming our inner balance



Do you want to renew yourself altogether as a new-born, happy, fulfilled and total individual?

Everyone in life should have a vision to realize, a purpose to prosper and values to live. Making oneself happy is the height of personal ambition. When we make a person truly happy, we fully enrich our life. When we enrich, when we really enrich, there are no conditions. We are enriched for the sheer joy of it. And this enrichment is absolute - it knows no wavering, nor hesitation. That should be the vision of our LIFE!



Ayur yoga is ancient wisdom to guide life styles in our modern times. It is the means to lead not only a healthy, but an intelligent life too. Students, Working executives, House wives, Job seekers, Senior citizens and Professionals can make use of this program.

Living a life of inner discovery, adventure and fulfillment through holistic healing and inner attunement.

We invite you to start a journey to improve the Inner Balance between your body, breathe and mind. On this journey you will gain improved wellness, vitality, clarity, access to your heart's intuition and a more balanced response.

Ayur Yoga is a natural, alternative initiative focused on holistic health to nurture and restore your inner balance. It comes with a purpose to bring individual, leading edge and creative experience to healthy living. When you complete Ayur Yoga your with us you not only experience more refreshed, invigorated and rehabilitated, but also aware of your relationship between you and your inner self.



## Ayur Yoga: A program of unlimited wellness.

This fire-packed Life-Enrichment program is specially designed for everyone and every need. It is an experiment in transforming a human being into an abode of unconditional enrichment of body, sense, emotions and intellect.

You may or may not know this truth : that you can transform your being into a pure love energy. This whole experiment is to create in you inexhaustible enriched energy - the pure love energy.

Just as there is enriched atomic energy discovered by physics and a small atom can explode into tremendous power, each cell of our heart can explode into tremendous love. Therefore this program is the path of self-enrichment by the power of love and wellness.

The purpose of this program is to see we are fit physically, mentally and emotionally, so that we can perform our roles better. Keeping a healthy body and mind is an expression of gratitude to the creator of this body.

Preventing, Harmonizing, Rejuvenating and Transforming the body, mind and intellect is the core mission of this program. In a disordered mind, as in a disordered body, soundness of intelligence is impossible. Thus the program covers the basket of topics that can contribute to revitalise the way we live. This package can ensure total enrichment.

The Ayur Yoga program suits the needs of general, office environment, executives, ladies, students and elders. You learn the art of personal growth on a one - on - one basis through direct interactions and following well - researched self - learning methods. It is a package of 12 sessions for 90 minutes each. Batch size would be limited to only 20 participants. These beautiful 90 minutes will create an experience that can spin your life into a higher trajectory.

Like seeds sown in the right season in the right soil at the right time of the day grow into a healthy plant and gives a good yield, even so the choices of ours performed in alliance with the universal organ yields good outcomes. Ayur yoga is an effort to learn to sow a seed in right season, right soil and the right time to manifest into right yield.

āyur yoga

...reclaiming our inner balance



## STEPS TO UNLIMITED WELLNESS

Prayers

Basic body movements

Yogasanas

Breathing exercises or Prana Vidya

Meditation and emotional healing

Bhajan and Chanting

Insights to intelligent living

Good food habits

Stress relieving body massage

Total relaxation



ANUGRAHA LEARNING & RESEARCH FOUNDATION

No: 7, Sundaram Brothers Layout, Trichy Road

Ramanathapuram, Coimbatore - 641 045.

+91 99430 39393 | resources@anugraha.in

anugraha\_values anugrahalivingvalues anugrahalivingvalues