



University of Mumbai



KAIVALYADHAMA

Where Yoga tradition and Science meet



PLAN FOR IDY 2020

Yoga for Young Minds series 11th to 20th June 11.00 a.m. to 11.30 a.m.

1. Attitude management through asanas

In this video, we learn how to develop a set of healthy emotions, beliefs and behaviour through the practice of asanas and the meaning of their symbols. In a journey full of metaphors, our body and mind are compared to a garden in which we are invited to plant seeds of positive emotions. Practicing daily those asanas, one will be able to progressively transform their attitude and their whole personality.

2. Yoga for Self-Acceptance

After a calming introduction, this module offers us a series of practices to get to know ourselves the way we are, with love and kindness. Using many analogies, Dipali guides us into a self-exploratory journey which destination is the acceptance of whatever comes. Open yourself; surrender and Transformation will surely happen.

3. Balancing the emotions / Tanu, Mili, Pawan

After defining emotions and explaining their potentially negative impact on our everyday life, Tanushri and her two demonstrators take us within to find a solution. This session will help us stabilize our mind with asanas, calm down with pranayama and nullify disturbing emotions with chanting.

Emotions will not stop there, but Yoga will help us observe them neutrally



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and live in equanimity.

4. Anger & Aggression management

In this session, we get to learn about anger, a normal emotional phase, and one of its behavioral consequence, aggression. Mindful practice of asanas and regularity in pranayama will help calm down our nervous system, increase our patience and therefore avoid complications of anger, such as insomnia and anxiety.

5. Sleeping disorders

After showing us the utmost importance of a good quality of sleep, the two speakers discuss about the other pillars of a healthy lifestyle: diet, communications and exercise. The session becomes then practical and lead us into an experiential combination of asanas and pranayama practices.

6. Bed to Mat

In a very practical session, Brijesh and his team share with us the best start to our day, without wasting a minute between the time we wake up and the moment we get on our yoga mat. With this module, you're certain to perform all your activities with a fresh body and a clear mind.

7. Body, Mind & Breath awareness & Stress relief

This mindful session teaches us a powerful yet simple way to overcome stress. Observing our bodily sensations, the quality of our breath and



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the stories of our mind in an unattached way, we are more in the present moment. Through asanas, pranayama and visualization, we develop awareness of the space between our thoughts and emotions, and find a sure way to happiness.

8 Yogic remedies for Constipation

In this video, Santosh familiarizes us with one of the common diseases of our society, constipation. After defining the topic and discussing the reasons of abnormal transit, we learn how to adopt yoga to cure constipation. A whole range of asanas and breathing practices are presented to lead us towards healing.

9. Yoga for monkey mind:

Mind is fickle. We need to understand how to get it to focus to our own advantage with simple techniques of Yoga.

From explanation of understanding to teaching of practices specifically good to focus and concentrate.

10. Yogic management for Addictions

In this module, yogic practices are viewed as remedies towards addictions may it be of alcohol, smoking or social medias. Addressing aspects such as concentration, coordination and harmony of nervous system, asanas and pranayama are of great help to become aware of, weaken and eventually Eradicate addiction



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YOGA INTERN (CYP) TRAINING 11th TO 20th

June 2020 8.00 a.m. to 10.00 a.m.

We are continuing this program from last three years. We impart a 20-hour training in fundamental philosophy of Yoga and practice of CYP with some additional practices. Students get a certificate of attendance.

We teach them following topics through discussion

1. Physiological Aspect of Yoga
2. History and development of Yoga
3. Philosophy and foundations of Yoga
4. Physiological aspects of Yoga
5. Concept of Mitahara
6. Yogic Management of lifestyle conditions
7. Yoga for stress management.
8. The Concept, principle and practice of Asana
9. The concept, principle and practice of pranayama
10. Stress awareness and yoga

Practice of common Yoga protocol is taught in details to enable them to train their peer in CYP.



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21st June 2020

Common Yoga Protocol practice with words of inspiration of eminent individuals.
All fraternity shall join the You-tube live page to begin this celebration.

8.00 a.m. to 9.00 a.m.

For any query please contact

kaivalyadhamaa@gmail.com

Please note

1. All timings are Indian Standard Time.
2. Please subscribe to the YouTube link of Kaivalyadhama Yoga Institute.
3. Your question can be emailed or asked during the session on comments.

Subodh Tiwari

Member National Committee IDY

Ministry of AYUSH

Chief Coordinator, Kaivalyadhama Lonavla.