

# KDHAM WORLD

October - December 2019

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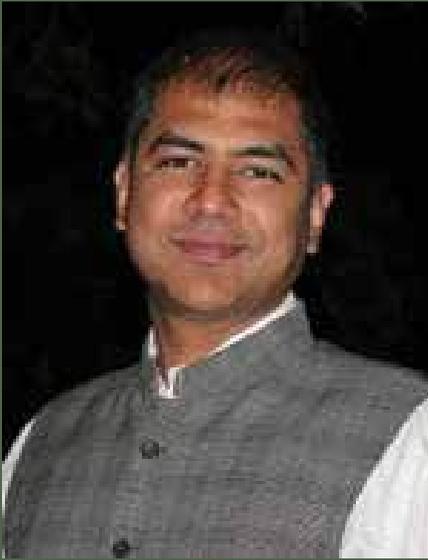


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# EDITORIAL

The Citizenship Amendment Bill, which now is the Citizenship Amendment Act, has created a up-roar in the country and a turmoil like situation. There have been many supporters and many opponents to this. Out of this, many, many from both sides are unaware, towards the content in this act, as to why are they opposing it or why are they supporting it. This would indicate the stirring of emotions on both the ends leading people to express themselves.

What worries me is the manner of these expressions. The methodology used towards expression, the means to achieve the end. I feel that 'loudness', 'aggression', 'show of collective strength though destruction' has become predominant in recent decades. This has cut across the society. One sees the television news anchors, and see them shouting at top of their voice towards a panelist, who often is denied appropriate time to speak. You see protests with burning of public property, often than not. And this does not seem to be limited to India, you can see it globally. It seems to have become essential in todays world, to align your thoughts to be either a left or a right or be completely ignorant and follow the crowd. When I introspect and think, the words of wise men reverberate. "Non - Violence is a sign of strength". As Mahatma Gandhi said " Truth and nonviolence are as old as the hills. For nonviolence to be strong and effective, it must begin with the mind, without which it will be nonviolence of the weak and cowardly. A coward is a person who lacks courage when facing a dangerous and unpleasant situation and tries to avoid it."

This strength needs to be developed through greater awareness, self-introspection and self-observation. These qualities need to be developed through inculcation of practices, which enhance the spiritual growth amongst individual across religions spectrum. Our real challenge today lye in how to do this? and also probably asking the question that there is a large increase in spiritual masters and their followings, but is it enough ?

The answer to this, for me, is in understanding that we have failed in our education system. We probably have done a lot of teaching, but the learning hasn't happened. The experiential aspect in education has gone missing, and

therefore we have students who may be highly educated from the best school possible, but shall still show no shame violating a traffic rule. We should not be looking for change; we should be looking at transformation.

Of-course we know that it is easier said than done. But, let us assume the responsibility at our own level. Let us adopt the real learning's at home. Let us emphasis on fundamental practices of 'yama' & 'niyam' in our household. Let us lead by example. For, we should assure ourselves, one need not be 'left' or 'right', we could walk the 'centered path'.  
Wishing all the readers a very happy new year and a new decade.

*Om Sarve Bhavantu Sukhinah  
Sarve Santu Niraamayaah |  
Sarve Bhadraanni Pashyantu  
Maa Kashcid-Duhkha-Bhaag-Bhavet |  
Om Shaantih Shaantih Shaantih ||*

Meaning:

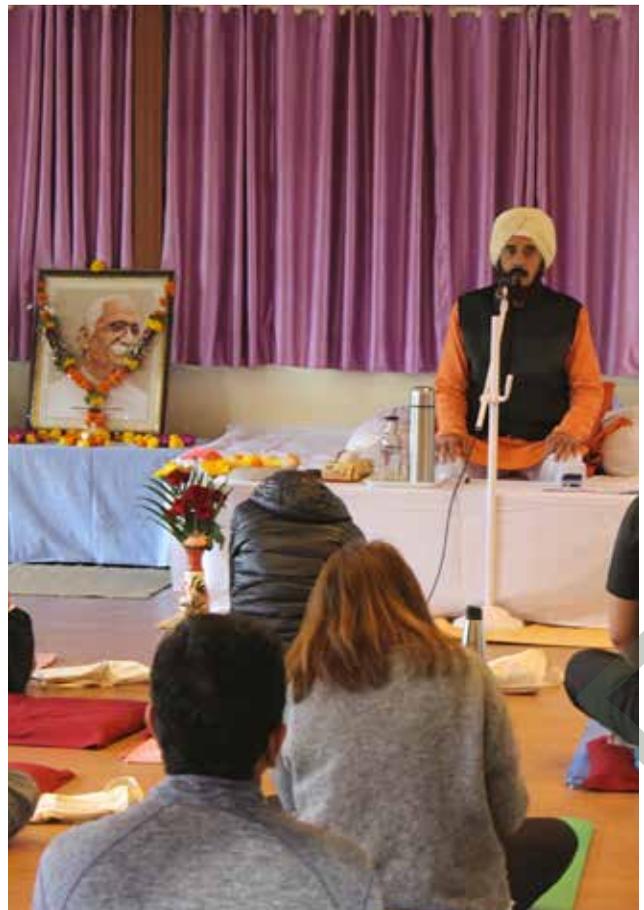
- 1: Om, May All be Happy,
- 2: May All be Free from Illness.
- 3: May All See what is Auspicious,
- 4: May no one Suffer.
- 5: Om Peace, Peace, Peace.

- Subodh Tiwari

# Meditation Workshop

Prof RS Bhogal

We at Kaivalyadhama are having a large number of patrons attending the Meditation workshop and individuals are valuing the importance of it in their lives.



# BMC School - Training of YEF Project

Kaivalyadham's Yoga teachers conducting yoga training for school children under the umbrella of YEF Project of Kaivalyadhama Ashrama, led by Chief Co-ordinator of the Project Dr. Nutan Pakhare in 15 BMC schools covering South , North ,Western and Central Mumbai Regions.



# Blissful closure to the TTC Program

The first batch of our 3 years Pranayama TTC course graduated successfully on 22nd November. The beautiful ceremony was graced by the presence of the great scientist and Chancellor Nalanda University, Dr Vijay Bhatkar as the Chief guest and Swamiji, Sh. OP Tiwariji, Sh. Sudhir Tiwariji and Sh. Subodhji. It was moment of great pride and happiness for our 16 participants from 13 countries came together 9 times in 3 years to complete the course. Some of the students shared their experience of the 3 years journey which changed their lives. It was an emotional moment for them and an eye opener for the audience.





# Foundation Course in Ayurveda





## CEO Visits Nagpur



From Right to Left (Prin. Joshi (KJ Somaiya), Prin. Hemlata Bagla (KC College), Mr. Ramnath Sonawane (CEO Smart city), Prin. Rajpal Hande (Mithibai College), Prin. Dr. Naresh Chandra (Birla College), Mr. Manish Chaumal, Shri. Subodh Tiwari, Ms. Alka Tyagi (Income Tax training institute).

# Workshop on World AIDS Day 2019.

On the occasion of World AIDS Day 2019, Kaivalyadhama outreach team organized an energizing and fun yoga workshop for the children, teachers and caregivers of Mamta foundation.

Mamta is a project for the welfare of HIV +ve children and women.



# Learning with the Master - Beginners Pranayama

This time we had 42 enthusiasts from across the globe who were keen to learn with the Master. The participants had the fortune to know about the lineage of Kaivalyadhama and to deepen their understanding of pranayama practice under the guidance of Shri O P Tiwariji. There were practical sessions in Pranayama, theoretical lectures and daily Asana classes along with the Shuddhi kriyas, which aids in the better practice of Pranayama.



# KVN Annual Sports Meet

KVN Annual Sports Meet Students and faculty of KVN presented a great show on the Annual Sports Meet 2019.

P. I. Shri Sandeep Patil of Crime branch, Mumbai, graced the occasion as the Chief Guest. Shri Subodh Tiwariji and Prof. Bhogal were guests of honour and joined in the activities of the day.





# Chinmaya Vishwavidyapeeth visits Kaivlaydhama

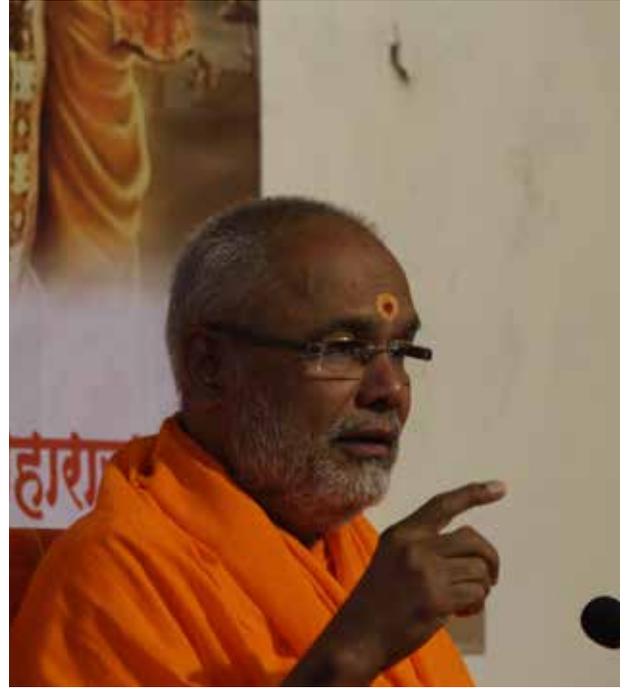
We had a 17 students and staff specially accompanied by Madam Ms. Pramodini Rao from Chinmaya Vishwavidyapeeth Academic Pune visit Kaivlayadhama for an education tour exchange yoga program and a performance at the closing ceremony of the “Tatvabodha” Workshop”



# Discourse on Bhagvad Gita by Swami Parmatmananda Saraswatiji.

Kaivalyadhama organized a 6 Day Discourse on Bhagvad Gita (Chapter – 1) by Swami Parmatmanand Saraswatiji Maharaj.

This discourse is devoted in the divine memory of Shri Sitaram Shahji, from 21st to 26th December, 2019.



# ONGC visits Kaivalyadhama

A Three days compact program on Health Management & Yoga at Kaivalyadhama for 30 Off-shore Engineers of ONGC, who work in very stressful conditions and hazardous situations.



# Total Health Through Yoga

'Total Health Through Yoga' at Project 'Life' Rajkot by Dr. Satish Pathak.



# CEO addresses the NCTE

(National Council for Teacher Education) in Delhi



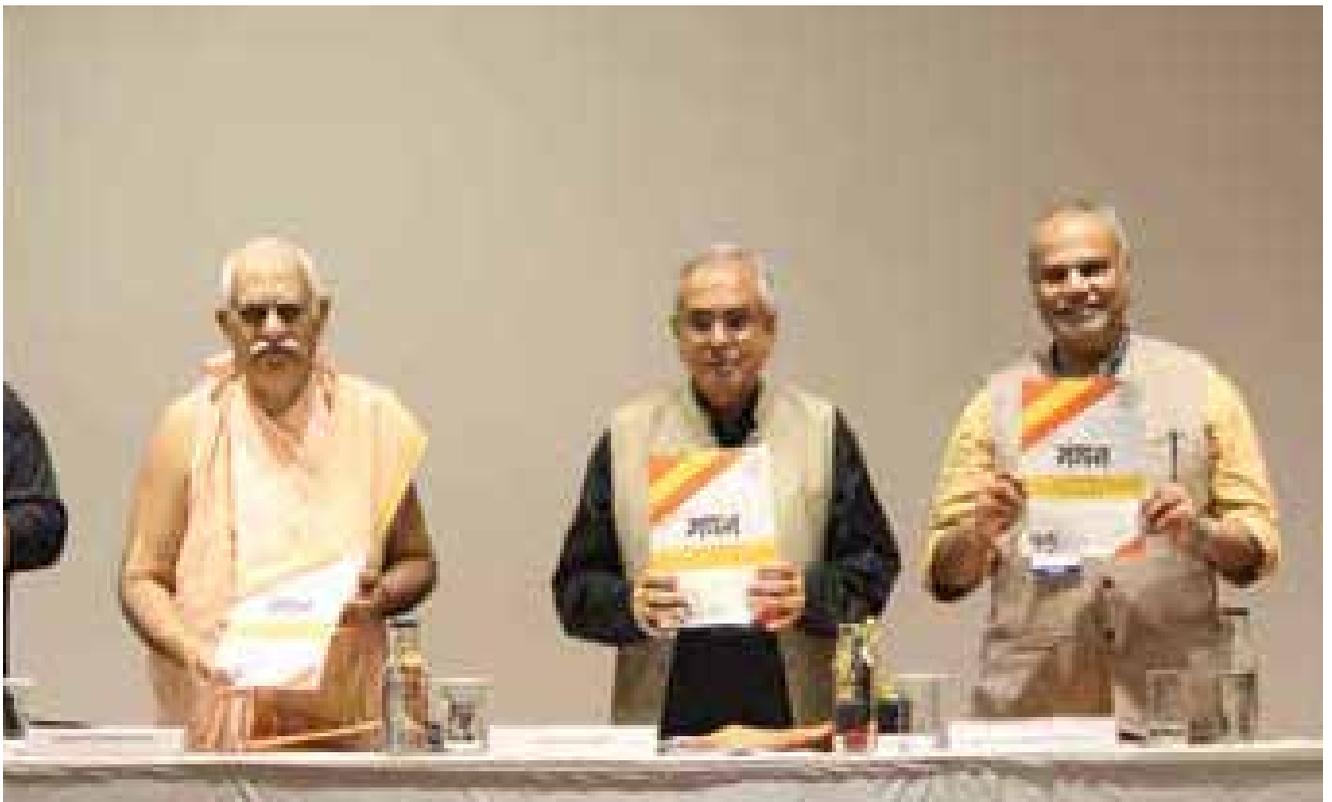
# Hatha Yoga Workshop by Dr. N Ganesh Rao





# 95<sup>th</sup> Foundation Day

The 95th Foundation Day at Kaivalyadhama, Lonavala, was initiated with the National Seminar on Yoga and Values in Indian Education System – A Review and Forward Path. Glimpses from the ceremony.







सत्यमेव जयते

प्रधान मंत्री  
Prime Minister  
MESSAGE

It is heartening to learn that Kaivalyadhama, Lonavala, in collaboration with Department of Yogic Art and Science of Visva Bharati Central University as knowledge partner, is organizing a national seminar on “Yoga and values in Indian education system: A review and forward path”.

Since the earliest times, Yoga has been an integral part of life and academic routine in our country. Yoga helps in imbibing positive, ethical values and instills harmony and peace between body and nature. Yoga is not merely a set of exercises, but a philosophy and a way of life that transforms the thoughts, knowledge and action of an individual through discipline and mediation. Yoga is the transformation of human consciousness through control over the body, mind and senses through regular practice.

Spread to every part of the world, Yoga today has become a part of daily life of people, helping them combat lifestyle related stress and balance the body and mind in a harmonious manner.

Our youth and children must be encouraged to pursue Yoga as a part of the academic curriculum. They must be inspired to reap the benefits of breathing exercises such as Pranayam and Yogic postures for physical fitness and mental peace. Yoga and meditation also help in enhancing concentration levels, which can bring about an improvement in the academic performance and behaviour of children.

The discussions at the Seminar will go a long way in promoting the traditional value system and ethics among the people and youth in particular. I wish the deliberations at the Seminar all success.

(Narendra Modi)

New Delhi

आश्विन 15, शक संवत् 1941

7<sup>th</sup> October, 2019

**Shri Subodh Tiwari**

CEO, Kaivalyadhama

Lonavala, Swami Kuvalyananda Marg

Lonavala, District- Pune

Maharashtra - 410403

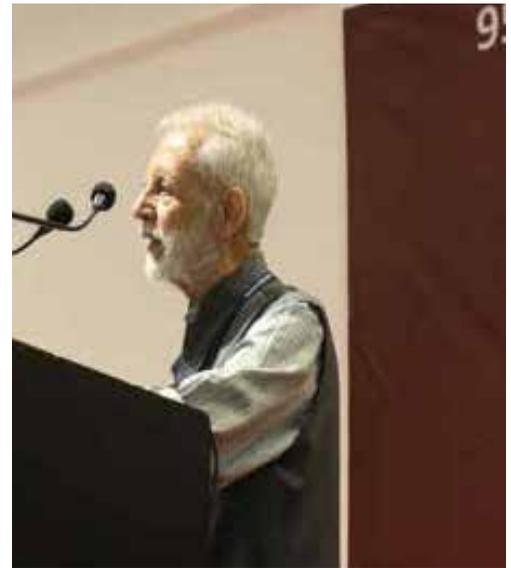


The 95th Foundation Day at Kaivalyadhama, Lonavala, was initiated with the National Seminar on Yoga and Values in Indian Education System – A Review and Forward Path. The inaugural ceremony of the seminar started at 10am with lighting of the lamp with the recitation of Shanti Path. The Puja was guided by Kaivalyadhama's spiritual leader, Swami Maheshanandaji and welcome addresses by Sri O. P Tiwari, secretary Kaivalyadhama. He explained Swami Kunalayananda said that yoga has a message for humanity mind, body and soul. Tiwari ji

invoked the legacy of Swami Kunalayananda's final words- "Tiwari, I brought this institution out of nothing but yoga must not be diluted" Brief introduction of all the chief guests by Sri. Subodh Tiwari ji. Presiding over the inaugural ceremony included various esteemed dignitaries Dr. Ramesh Bijlani, Dr. Srijan Pal Singh (Social Entrepreneur & Co-Founder, APJ Abdul Kalam Centre), Dr. Bhushan Patwardhan, Vice-Chairman, and University Grants Commission. Dr. Rajiv Kumar, Vice- Chairman, NITI Aayog.

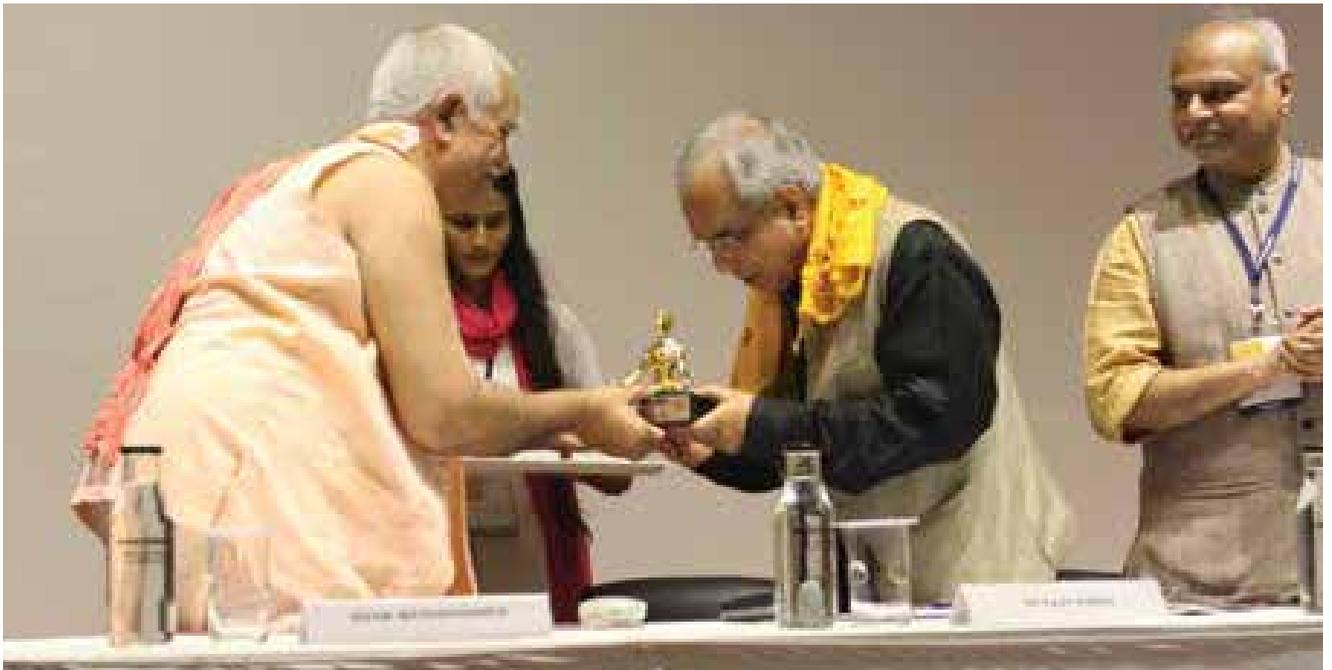


*Opening Remarks by Dr. Ramesh  
Bijlani, Sri Aurobindo Ashram,  
New Delhi*



This institute rests on the foundations laid by Swami Kavalayananda who was firm and uncompromising in opposing the dilution of yoga. He did not mean to say that asanas cannot be modified into simpler forms, but that yoga's values must not be diluted. Yoga is a comprehensive philosophy in 24/7 discipline that gives guidance on how to use the body and mind. The mind is the invisible part of yoga where the inner work of the sadhaka such as introspection and reflection take place, is there any need to teach values to school children? They already know what is right and wrong - they know what a good child should do in a hypothetical scenario. The ideal way to teach values is to incorporate the concept of reward and punishment into stories and hypothetical scenarios to make children internalize values, like mothers do. Children often perceive values as something used to escape punishment, pass exams or create a positive impression on others, especially

when values are taught separately, as an additional subject. Unfortunately, evil is tempting and gives fleeting pleasure so this knowledge of values is seldom acted on for the right reasons. This also causes crime to thrive because the thought of only doing the right thing to avoid punishment evolves into doing the wrong thing covertly enough to not get caught. However, the punishment for wrongdoings and minor lapses comes from within and cannot be escaped. It manifests as guilt, shame and uneasiness. Neither can the inner rewards, which manifest as bliss, be controlled. The realization that there is a happiness independent of people, circumstances and objects paves the way for yoga. This is what value education should be about - not a subject to be passed but that wherein teachers can frame stories, reflections etc. so that children can internalize values and understand that following values is for themselves.



# Kaivalyadhama Bhopal

Kaivalyadhama Bhopal conducted Yoga Classes for NDPS Courts Judges from many states of India.



# Kaivalyadhama Mumbai

Inauguration of the Academic Course conducted at Kaivalyadhama Mumbai.



# Kaivalyadhama Mumbai

Yoga Internship conducted at Mumbai University by Kaivalyadhama Mumbai. These interns were prepared to spread the message of Kaivalyadhama Tradition.



# Kaivalyadhama France

Glimpses from the affiliates of Yoga Lite France, Kaivalyadhama.



# Kaivalyadhama China

Kaivalyadhama China Conduct yoga class for the employees and workers mostly of IBM-International Business Machines Corporation(IBM) in China, Zhu Yan the yoga teacher trained by Kaivlayadhama had a live streaming for the employees on the topic of Yoga and health. She spoke on the eight limbs of Patanjali Yoga Sutra and history of Kaivalyadhama to nearly 300 people. It was a successful overview to the general audience to know the traditional Yoga.



# Essence of Classic Yoga Four-day Intensive Course of Patanjali's approach for Body, Mind and Spirit.

The course was conducted by Shri. Sudhir Tiwari at Bodhi Yoga / Kaivalyadham Taapei foundation, the overall objective of this course was to ensure that participants experience how Yoga can transform their lives and how it contributes towards handling stress in every day situations, how it contributes towards living a healthy, happy and a wholesome life.



# Pranayama Course with Kdham China students

One week of Pranayama course was arranged for Kdham China students under the able guidance of Shri. O.P Tiwari.



# CEO inaugurates Yoga Mahotsav, Pune

Kaivalyadhama was represented as a group of Yoga students to participate in the Yoga Mahotsav which was also attended by eminent Doctors, thought leaders, spiritual teachers, and wellness and meditation experts.



# MoU Signed between Kaivalyadhama and Dept. of Education, Government of Tamil Nadu

Minister of School Education and Sports Tamil Nadu, Thiru Sengottaiyan K.A. visits Kaivalyadhama with Secretary of Education Mr. Pradeep Yadav.



# CEO Visits SDM (Sri Dharmasthala Manjunatheshwara) College, Ujire



CEO was invited as the Chief Guest for the “shish upnayan” for the BNYS course. CEO visited the institution founded by the Dharamadhikari and paid his respects to Dr.Virendra Hegde , the Dharamadhikari of the Temple. Also present in the function were Dr. Raghvendra Rao , Director CCRYN and Dr.Prashant Shetty , Principal SDM College.



# CEO meets the Honorable Governor of Maharashtra Shri. Bhagat Singh Koshyari



# EC Meeting of the IYA

The Executive Committee meeting of the IYA was held in Delhi on the 17<sup>th</sup> of December 2019. The meeting witnessed some important discussions on the accreditations initiated by the PrCB of the IYA. The wings of IYA have spread across around 17 more states in form of state committees. Secretary AYUSH Vaidya Rajesh Kotecha and Joint Secretary Shri. P.N.Ranjit Kumar also joined the discussions.

Areas of collaborations with the Ministry of AYUSH were discussed. Dr.H.R.Nagendra, Presided over the meeting while CEO Kaivalyadhama who is also the Vice President of the IYA , actively participated.



# A Healthy Interaction with the CM of Goa Dr. Pramod Sawant.



# CEO visits Honorable Shri. Suresh Prabhu (Member of Rajya Sabha)

An old friend and confidante of Kaivalyadhama.



# Condolence Meet in honor of most Respected Sitaram Shah Sir.

A condolence meeting was organized by the Kaivalyadhama Family to pay respect and homage, in gratitude to Shri Sitaram Shah Sir, in the College Hall at 4 pm on 6 November 2019. We were graced by the presence of Shri OP Tiwari ji, Rev. Swami Maheshananda, who shared their fond memories.

We played a video recording of Shah Sirs talk on the 10th Anniversary of Yoga Education Fund, pioneered by him. We ended the program with silent prayer, paying flower tributes and inspirational memories of his mission and vision.





# TRUST, AND BELIEVE

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THAT EVERYTHING WILL UNFOLD  
BEAUTIFULLY

- SHRI. O.P. TIWARI

# Obesity: A Case Study

Dr. Ritu Prasad, Naturopathy Dept

## Background :-

Obesity may be defined as an abnormal growth of adipose tissue due to an enlargement of fat cell size or an increase in fat cell number or a combination of both.

The long-term success of management is limited in conventional medicine, and evidence suggests that obese patients are seeking alternative forms of health care for weight loss.

Naturopathy is a distinct type of primary care medicine that blends age-old healing traditions with scientific advances and current research. Yoga is an ancient Indian science as well as the way of life, which includes practice of restraints and regimens (Yama - Niyama), specific postures (Asana), regulated breathing (Pranayama), etc. Naturopathy treatment and Yoga were individually shown to have a beneficial effect on obesity in various studies.

## Discussion :-

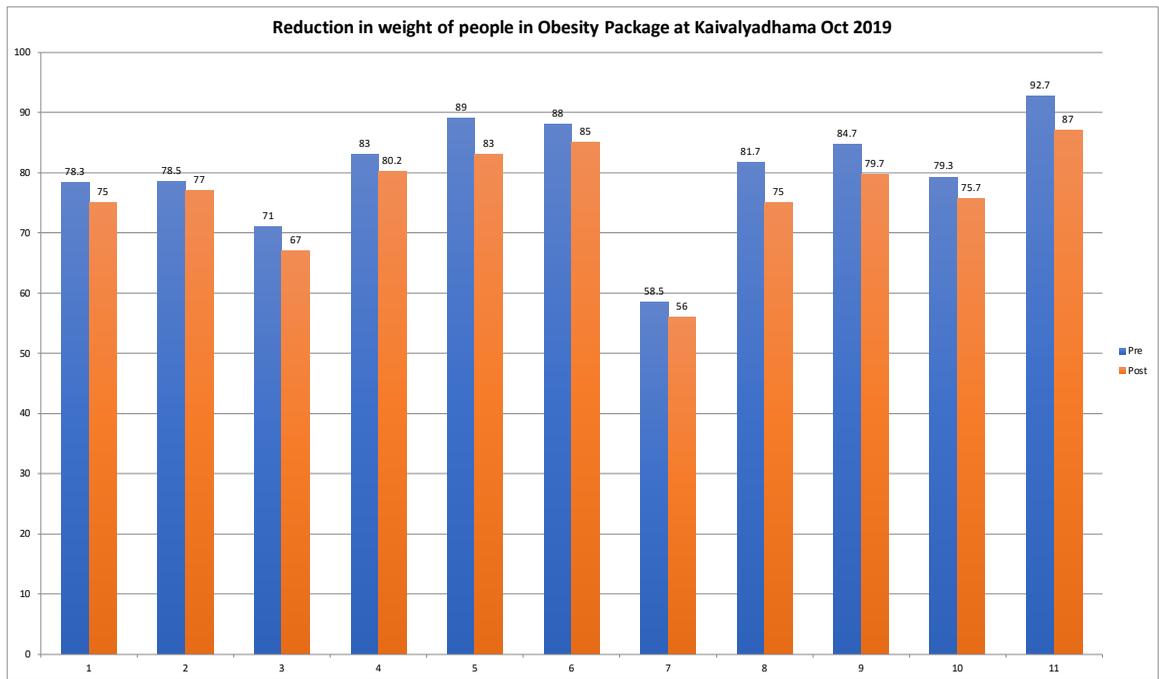
Obesity is a major risk factor for diabetes, hypertension, ischemic heart disease, dyslipidaemia, insulin resistance, sleep apnoea, polycystic ovarian syndrome, infertility, osteoarthritis of knee, low back pain, gall bladder disease etc. Hence, normalization of body weight in obesity is essential in preventing above mentioned complications. A sustained body weight loss is also essential. The treatment of obesity with Naturopathic modalities such as diet, exercise therapy, and hydrotherapy has also been shown to reduce the target organ damage in the heart, liver, and pancreas and improve their functions.

We followed the traditional approach of weight reduction, in which the prescription of a balanced diet that provides an energy intake below that of energy expenditure. Our subject's weight reduction was based on the basic principles of weight management in obesity that is primarily to achieve clinically significant weight loss and then secondarily to maintain the weight loss.

But the addition of pranayama's, asanas and kriyas must have helped to enhance the motivation and compliance. A previous study on pranayama showed a significant reduction in weight and BMI. Yoga is also reported as an appropriate intervention for weight maintenance, prevention of obesity and a reduction in risk factors for cardio-metabolic health in obesity.

**Observation :-**

The given cases reports a sustained weight-reduction over a period of One month. The transition in the grade of obesity (WHO) from class-II to class-I and then to overweight suggests that an integrative approach with Yoga and Naturopathy was worthwhile.



## ABOUT US

Kaivalyadhama has always worked for the betterment of society and the world. Being on the same path, Kdham is ready to take one small step towards the well-being of people.

Initiating a two-week Immersive Healing program truly based on the ideals of Swami Kuvalayanandji.

Purpose: The main purpose of building this program is to have more focused and immersive approach towards facilitating people to empower them and to guide for a quality way of living.

# SOHAM

Self Observation Healing  
And Awareness Mantra



A TWO-WEEK IMMERSIVE  
HEALING PROGRAM

KAIVALYADHAMA, LONAVALA

CONTACT: +91 9545484306

[sindhu.kdham@gmail.com](mailto:sindhu.kdham@gmail.com)

The two-week immersive healing program is scheduled in a progressive way where the first week is dedicated to the introduction of the practices and getting fully acquainted with them. Second week will be fully experiential.

**Sequence of the sessions:**

- Fundamental Principles
- Understanding of fundamental principles
- Physiology of fundamental principles
- From a cacophony of sounds to a symphony within.

The main purpose of building this program is to have a more focused and immersive approach towards facilitating people to empower them and to guide for a quality way of living. This program is open to all those who are seeking to find meaning in their lives, to mend their ways, to find solace in their loss, to derive positive energy, to live their life, to be fully human, fully alive. This will be suited for the individuals who have had chronic health conditions for long time or Psychosomatic problems or have gone through the cancer and need the empowerment towards better physical, mental, emotional and spiritual health.

**For more details visit:**

<https://kdham.com/immersive-healing-program/>

"Yoga has a complete message for humanity.

It has a message for the human body. It has a message for the human mind and it has also a message for human soul."

- Swami Kunalayananda

योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन ।  
योऽपाकरोत्तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

*I bow with folded hands to Patañjali, the best of sages, who removes the impurity of the mind through his Yoga[-sūtras], of speech through his words [his grammar commentary called Mahā-bhāṣya], and of the body through his science of medicine [called Caraka-pratisaṃskṛta].*

## Yogic – Therapy:

Three integral steps / measures of Yogic- Therapy:

### I. Cultivation of correct Psychological attitude –

Conscious observance of certain rules for self-discipline and self-training called 'Yamas', 'Niyamas' and 'maitryadibhavana'.

"According to Yoga, mind has a very significant role to play not only in psychosomatic diseases, but also in every other form of disease, including the acute ones. Mind, when it is disturbed, may make the body prone to attacks by external organism by lowering general resistance and also bring about an in-co-ordination between various organs thus lowering the efficiency of the body (and of itself)".

**Explanation** – Every psycho-physiological disturbance (viksepa), every emotion, especially a negative and destructive one, apart from causing distress and depression ('dukkha' and 'daurmanasya') also interfere with the tonic rhythm of muscles and vessels, i.e., gives rise to 'angamejayatva', and to a disturbance of respiration ('svasa-prasvasa') (P.Y.S.I.-31).

In the cultivation of attitudes, Yoga lays a great emphasis, on a **conscious observance** of certain rules for self-discipline and self-training called Yama's and Niyama's. Under 'Yamas' come certain firm and solemn decisions to train and regulate one's behavioral attitude towards social problems, while 'Niyama's emphasize a cultivation of certain personal habits and attitudes.



Apart from Yamas and Niyamas, Yoga recommends another procedure, 'maitryadibhavana'(persistent suggestions calculated to foster friendliness, etc.). It requires us to avoid jealousy, contempt, envy & anger, - all destructive feelings. We are try to purposely cultivate a feeling of friendliness (maitri) towards those we feel jealous of, a feeling of empathy and compassion (karuna) towards those whom we are inclined to hold in contempt,a feeling of joy and pleasure (mudita) in company of those whom we would otherwise like to envy, (all these attitudes could perhaps be covered by one word,- ('fellow-feeling'), and finally, there perhaps will be those who cannot be tolerated at all because of their very vicious and irritating nature, towards whom one is to cultivate feeling of indifference (upeksa) and avoid their company altogether.

Nay, the influence of mind over body is perhaps much more than that of the body over the mind. It is hence that Yoga lays a special emphasis on cultivation of correct psychological attitudes.



## **II. Reconditioning of Psycho-physiological mechanism** (neuro-glandular-muscular) – Asana, Mudra, Bandha and Pranayama.

Our neuro-muscular mechanism, as is well known, is of dual nature, i.e., it is capable of reacting in two ways, phasically and tonically.

The phasic reactions are the ones that contribute to movement and hence they catch the eye more easily than the tonic reactions, but actually these latter form the basic ground on which the former devolve. Since the tonic reactions are related mostly to postures, they are often termed 'Postural Reactions', but this is not a happy expression, for there are many other static reactions involved in the regulation of postures.

The phasic reactions are quick and localized. They just come and go. They represent only a temporary readjustment to a momentary type of stimulus displacement.

- **Asanas** are primarily meant to overcome 'angamejayatva', i.e., disturbance in the tonic rhythm of the body, and thus re-establish a harmonious functioning of the whole system.
- They are not mere postures but certain postural patterns, belonging, phylogenetically and ontogenetically, to a lower and older rung; as such, they are bound to look rather queer and 'abnormal', and it is no wonder that many of them bear the names of beasts, birds and reptiles, whose postural pattern they try to imitate, while some others seem to recapitulate the early phases of our intra-uterine infantile life.
- These patterns are purposely resorted to in order to give as much free scope to the lower centers of integration as possible. So, from the point of their effectiveness, it is the pattern of these Asanas that are of very great importance. They are purposely devised so as to enable the lower centers to restore the original balanced tone of the body.
- For the same purpose, one is advised to maintain them in that condition with as little an effort as possible, i.e., retain the positions in a relaxed way.

**Mudras and Bandhas** – Mudras and Bandhas are a special feature of Hatha Yoga; most of them consist of certain neuro-muscular locks and involve changes in the internal pressures to a very high degree. These have a direct effect on the visceral tone, various glandular secretions, including endocrinal, and also on some of the vital nerve plexuses.

**Pranayama** – The various types of Pranayama, as they are in vogue today, essentially constitute a volitional control of breathing and, as such could be called 'breathing exercises', but there is this difference, - the stress is not on deep breathing and its oxygen value, as is common in similar exercises. In Pranayama, the stress seems to be laid more on development of the state of 'Kumbhaka', i.e., the phase of temporary suspension of breath. For all practical purposes, therefore, 'Kumbhaka' can be considered to cover the whole connotation of the term Pranayama. In fact, in Hatha Yoga, Pranayama are known by the name 'Kumbhaka' (asanam kumbhakam citram mudrakyam Karanam tatha, tato nadanusandhanam hatha bhyase kramo matah H.Y.P. I-56-57)

**III. Other Yogic Therapeutical procedures and Yogic Principles of Diet** – Laying great emphasis on health-giving diet, and encouraging the natural processes of elimination, whenever it is necessary, by resorting to special lavages and baths.

**“Yogic therapy is a composite treatment procedure which gives attention to all the aspects of human personality.”**

# WORKSHOPS

## 2020

(January - April)

### **PRACTICAL VEDANT YOGA**

**27th January - 1st February 2020**

Vedanta Yoga is one aspect of Yogic practice that is promulgated by the ancient Himalayan masters.

**Fees: INR 8000**

(Accommodation and meals are extra)

### **TRADITIONAL MEDITATION**

**9th - 16th February 2020**

This traditional method of learning and practising meditation towards holistic health has been in practice in India for thousands of years, healing people with chronic illnesses and psychosomatic disorders.

**Fees: INR 8000**

(Accommodation and meals are extra)

# HEALING THROUGH SOUND THERAPY

**March, July and August 2020**

Healing through Sound Therapy where, guided by trained facilitators, we use mystical sound techniques to channel our bodies and minds into a state of perfect tune.

**Fees: INR 8000**

(Accommodation and meals are extra)

## PATANJALI YOGA SUTRAS

**30th March - 3rd April 2020**

This intensive workshop on Patanjali Yoga Sutras will enrich the understanding and practice of Yoga for all students and teachers of Yoga. All the four chapters of Patanjali Yoga Sutras will be covered.

**Fees: INR 12000**

(Accommodation and meals are extra)

### FOR REGISTRATION:

[www.kdham.com/workshops](http://www.kdham.com/workshops)

### EMAIL:

[kdham.workshops@gmail.com](mailto:kdham.workshops@gmail.com)

### Accommodation Tariffs:

#### Single rooms with meals:

Standard Room with common bath (Rs. 8,000 per week)

Standard Room with attached bath (Rs. 11,600 per week)

Executive Room (Non-AC) - Rs. 12,800

Executive Room (AC) - Rs. 14,000 + taxes

Deluxe Room - Non-AC (Rs. 19,400 per week + taxes)

Deluxe Room - AC (Rs. 21,600 per week + taxes)

#### Double/Twin-sharing rooms with meals:

Standard Room with common bath (Rs. 13,200 per week)

Standard Room with attached bath (Rs. 17,000 per week)

Executive Room (Non-AC) - Rs. 18,200

Executive Room (AC) - Rs. 20,400 + taxes

Deluxe Room - Non-AC (Rs. 25,400 per week + taxes)

Deluxe Room - AC (Rs. 27,600 per week + taxes)



## KAIVALYADHAMA

Swami Kuvalayananda Marg  
(Off Old Mumbai-Pune Highway),  
Lonavala - 410403

Prices inclusive of meals.



## **Wishing all a Happy, Healthy and Harmonious New Year.**

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Thank you for being a part of our journey,  
we look forward to your support and love  
in the new year 2020.





**KAIVALYADHAMA**

Where Yoga tradition and Science meet



# Kaivalyadhama

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