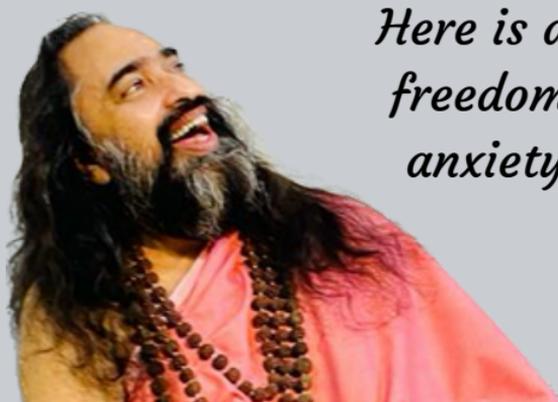




*Sadguru Hemanthatashankara's
Mruthasanjeevanikriya
yoga*



*Introducing a complete
healthy lifestyle...*



*Here is a declaration of
freedom from tension,
anxiety and obesity.*

EXPERIENCE THE BLEND OF
TRADITIONAL
YOGA, TAICHI, CHIKUNG AND
WORLD RENOWNED MEDITATION
TECHNIQUES LIKE INNER SMILE
MEDITATION (ISM)

FIRST TIME. IN THE WORLD, WITH SOLID
EXPERIENCE OF FOUR DECADES.....!

*Welcome to this amazing and
complete comprehensive healthcare
program that is innovative and
scientifically designed to help
children, adults and those suffering
from illness alike*

For human beings, especially in modern life situations, health care is a concern. Physical and mental illness afflicts us at any age. None of the different traditional and modern health science schemes those are generally accepted today provide adequate efficacy and satisfaction. But it is also impossible not to adopt such health care measures during this period. Overuse and persistent use of drugs often make a person unhealthy and chronically ill. We are also very confused about the healthy use of drugs and disease control systems.

It is no wonder that this unparalleled Kriya , derived by Sadhguru Hemantashankara, Through his constant Taoist meditation and observational research experiments of continuous forty years , making a complete difference in you! Therefore, by practicing Mruthasanjeevani kriya for balanced health care, you can find lasting solutions to your physical, mental and spiritual problems.



Many world-renowned doctors prescribe Tai chi for diabetes, blood pressure, cholesterol, arthritis, heart disease and respiratory diseases based on the disease preventive experience of people around the world! That's why we have made Thai chi Exercise so important in this curriculum.

This program ensures that anyone can become a perfectly healthy person with moderate exercise and proper breathing.

Get Rid of....

- *Diabetes, Cholesterol, Blood Pressure*
- *Obesity and belly fat*
- *Headaches Migraines and Spondylitis.*
- *Numbness in hand and foot, Knee and Back Pain and spondylitis*
- *Insomnia (using Chinese, Tibetan, Yoga Therapy)*
- *Heart diseases*
- *Asthma allergic rhinitis*
- *Improves your balance*
- *Arthritis*
- *Indigestion and constipation*
- *Lack of immunity*



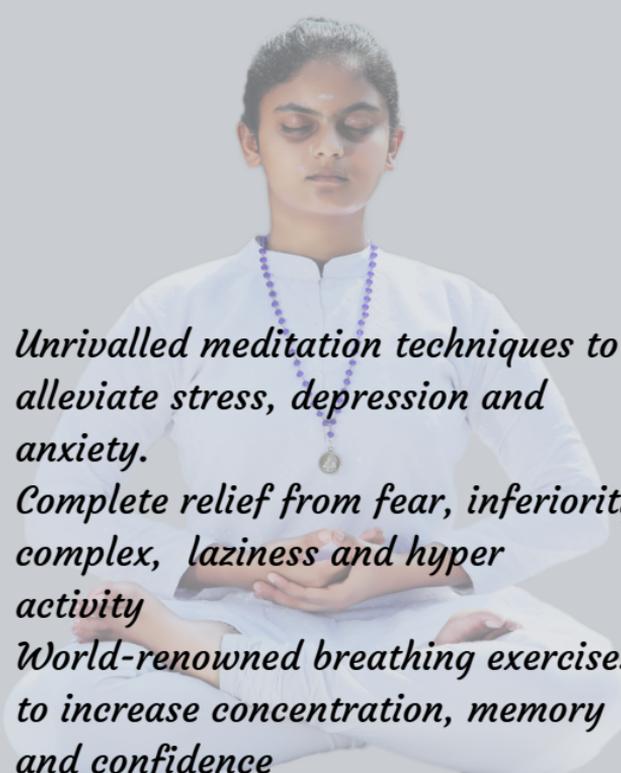
For Women

- *Irregular periods*
- *PCOD*
- *PMS*
- *Painful periods*
- *Hormonal issues*
- *Conceiving problems*
- *Incorrect uterus position*
- *Menopause problems*
- *Pregnancy*
- *Post delivery yoga*
- *Thyroid*
- *Body shape correction*





Stress Relief

- 
- *Unrivalled meditation techniques to alleviate stress, depression and anxiety.*
 - *Complete relief from fear, inferiority complex, laziness and hyper activity*
 - *World-renowned breathing exercises to increase concentration, memory and confidence*
 - *Individual counselling sessions*

Benefits of meditation for students

- 1. Rise in IQ levels and balanced EQ levels*
- 2. Academic stress goes down*
- 3. Improved academic achievement*
- 4. Better focus*
- 5. Brain integrity & efficiency*
- 6. Reduction in depression and anxiety*
- 7. Reduction in destructive addiction
(drugs, alcohol)*
- 8. Lower absenteeism, better behaviour*
- 9. Lower risk of cardiovascular diseases*
- 10. Happier, more confident students*
- 11. Reduces inability to understand quickly
and reluctance to study seen in children
and adults.*



Meditation on Brain Waves

Regular meditation has been shown to increase alpha waves – your relaxation brain waves — and reduce beta waves – the brain waves of active thought

Besides relaxation, alpha waves may also help boost creativity

Meditation is one type of mental training that has been shown to produce many cognitive benefits. Meditation practice is associated with improvement in concentration and reduction of stress, depression, and anxiety symptoms.

Beta waves (14 – 30 Hz)

- Linear, externally directed left-brain thinking
- Associated with stress, anxiety and fear.
- Unsynchronized waves
- Useful for short term memory and routine jobs.



Alpha waves (8-13.9 Hz)

- Relaxed focus and good health
- Mental coordination
- Long – term memory
- Creativity and visualization
- Associated with light meditation.



Theta waves (4-7.9 Hz)

- Reduced consciousness
- Deep meditation, intuition
- Vital for learning & memory
- High creativity, flashes of insight and inspirations.
- Spontaneous healing



Delta waves (1-3.9 Hz)

- Deep sleep, unconsciousness
- Growth hormone released
- Loss of body awareness.
- Deep physical relaxation.
- Access to collective Unconscious mind.



Gamma waves (40 – 200 / sec)

- Genius brain waves
- Higher level of consciousness.
- Experienced by monks & visionaries.
- Mystical experiences and out of body experiences.
- Hyper concentration & focus
- Circular for “Self awareness & insight.



Epsilon waves (below 0.5 Hz)

- Experienced in very deep and advanced states of meditation
- Ecstatic states of consciousness
- High – level inspiration and creation.
- Spiritual insight and out-of-body and mystical experiences.





Our Guruji an introduction

- *The Personality who reached higher levels of spirituality from martial arts.*
- *Initiation from Himalayan Avadhutan.*
- *Forty years of in-depth research studies in Indian Yoga, Taoist meditation techniques, Chinese Taichi, Chikung, Karate, Kung Fu, Kickboxing, various kalari techniques and medicinal herbs and panaceas.*
- *Author of Mruthasanjeevani Kriya, Chithakaashayoga, Samhara [SAMHARA - Social Awareness Movement for Healthier life Agility and Right Action], Prana Vaidyam and Inner Smile Meditation [ISM] based on Indian principles.*
- *Founder of Om Shivashakthi Moving Meditation, the world's first moving meditation.*
- *Vast experience gained through pilgrimage all over India especially The Himalayas*
- *The life of a yogi who has established that gruhasthaashrama (householdership) is not an obstacle to yogasiddhi.*

Our Specialities

Yoga therapy, Cardiac exercises and other Aerobic exercises will be provided based on individual attention

Qualified and Expert Instructors

Swamini Hemambika Shankari

Shivada Bodhini

Ashmika Bodhini

Ardra Bodhini

Harshad Shaolin

Online medical consultaion

Dr.Anu Antony (BAMS)

Specialised lectures on

Diet management

Work life balance

Daily and Seasonal routine as per Ayurveda

Stress management

Emotional and Relationship Management

Opposite Foods

Health and Beauty tips and use of panaceas

Body Cleansing methods in Yoga (Shatkriyas)

In this materialistic world, people are leading a hectic life. So tension, anxiety, obesity and such psychosomatic lifestyle diseases are hanging like a Democles' sword on our heads. Here Sadguru Hematha Sankara introduces our unique techniques like Mrithasanjeevanikriya, Chidakasha yoga and Om Shivashakthi Moving meditation.

We heartly welcome all of you to experience the ring sight view of our solitary programmes which helps reengineering the rebirth.

BHASMA FOUNDATION

(regd. No. 209/IV/2022)/

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