

# Ayur Centre

## *YOGA A NEW DIMENSION*

*By Seelan Sinha*



Our experienced Yoga teacher are trained to listen to your personal objectives and goals. We will customize the most suitable Yoga program based on initial consultations to assist you in achieving your goals for a balanced and a harmonized self during and after your stay with us. All the Yoga therapy practices are research based protocols, safe and tested.

1. Yoga for Asthma and allergies
2. Yoga for hypertension and heart diseases
3. Yoga for anxiety and depression
4. Yoga for Arthritis
5. Yoga for Back and Neck pain
6. Yoga for Obesity and metabolic disorders
7. Prenatal & Postnatal Yoga
8. Yoga for Menstrual disorders

## Hatha Yoga

By definition: a physical yoga practice, which is pretty much all yoga you'll find in this hemisphere. One of the six original branches of yoga, "Hatha" encompasses nearly all types of modern yoga. An unhurried yoga practice typically of the same 12 basic Asanas. The system is based on a five-point philosophy that proper breathing, relaxation, diet, exercise, and positive thinking work together to form a healthy yogic lifestyle.

Private Session RM80.00

## Pranayama ~ Breathing Yoga

The main emphasis is to increase the store of "Prana" in the body. In addition to deepening your yoga practice, learning ways to calm or invigorate the body through breathing will greatly benefit your life off the mat. Breathing is an involuntary act as essential part of life. Although we cannot control whether or not we breathe, we can control the way that we breathe. A belief that different methods of breath affect the body's health and life force is the core of Pranayama practice.

## Kundalini Yoga ~ Sunset

Kundalini Yoga is a meditative discipline – or a system of meditative techniques and movements – within the yogic tradition that focuses on psycho-spiritual growth and the body's potential for maturation. The practice of Kundalini Yoga consists of a number bodily postures, expressive movements and utterances, characterological cultivations, breathing patterns, and degrees of concentration. Constantly moving, invigorating poses. The fluidity of the practice is intended to release the kundalini (serpent) energy in your body. The practice aims to do just that – awaken and pulse the stuff upward through the body. The breathing will skyrocket your energy, while the postures and meditation keep you grounded and focused.

## Tantra Yoga ~ Couple Yoga

Tantric religious traditions, found in both Hinduism and Buddhism, worship divinities concerned with sexual and cosmic energy. Tantra yoga, stresses the idea that a great vein runs from the lowest part of the spine, where the serpent power, Kundalini, rests, to the highest and most psychic centre, the mind. In Tantra, the greatest source of energy in the universe is sexual and ritualized intercourse, and orgasm is considered a cosmic and divine experience. The act balances energies coursing within the Pranic Ida and Pingala channels in the subtle bodies of both participants. The

Sushumna Nadi, the central energy channel located along the spine, is awakened and kundalini rises upwards within it.

## **Yoga Nidra ~ Sleeping Yoga**

(Sanskrit for Yogic Sleep) Sleeping Yoga is a powerful technique from the Tantra Yoga tradition. It is both a name of a state and of a practice which creates an altered state of consciousness allowing the practitioner to relax and heal their being, expand their faculty of imagination, enter the realm of subconscious & superconscious, effectively manifest seemingly magical changes in their life and assist in reaching a state called by some enlightenment. Yoga Nidra is a state that is very relaxing, it is also used by Yogis to purify the Mind and Body.

## **Slimming Yoga ~ Weight Loss Yoga**

Yoga is a known stress buster, but it's also one of the most effective workouts for fighting stubborn fat stores. Proven results and studies show that yoga lowers levels of stress hormones and increases insulin sensitivity a signal to your body to burn food as fuel rather than store it as fat. The yoga poses for weight loss will do just that while firming up your arms, legs, butt, and abs. start now to see weight loss results in as little as 3 weeks.

## **Prenatal & Postnatal ~ Pregnancy Yoga**

Both during and after pregnancy, yoga is a perfect way to firm your body, build strength, and gain flexibility. These two yoga practices are also a wonderful way to maintain emotional balance and reduce stress during the exciting and often hectic times surrounding the birth of a child. In the prenatal sequence you'll practice safe and simple movements intended to strengthen and tone your body at any stage of pregnancy, while providing relaxation that will help create a luminous space in which your baby will thrive. The postnatal sequence is designed to redefine your body, restore your energy, and help you reconnect to yourself and your own wellness.