



Breathe in Health... Breathe out Stress

... for the Get-set generation

An exclusive yoga-based stress management program
Sunday, February 12, 2012 10 am - 1.30 pm

Stress reduction through yoga is not just about relaxation practices.

Learning to understand stress and coping with it from a scientifically sound, yogic approach is the key to achieving better health, harmony and peace in daily life.

Venue | House No. 125, 1st Floor, D block, DLF-1, Gurgaon, India. (5mins. drive from 3 Metro Stations- Guru Dronacharya, Sikanderpur, M.G. Road)

Price | Rs. 900/- **Early bird price** | (to register on or before January 20, 2012) Rs. 750/-

For registration contact | Dia Pinto +91 9811558076 & Smita Bhavnani +91 9871822225

Email | specialyogis@gmail.com

For whom?

This workshop is suitable for everyone who experiences stress, and will also equip yoga teachers and healthcare professionals with new tools for clinical practice

What will you learn?

An understanding the biological basis for stress and how stress impacts our system in so many obvious and subtle ways

How to apply the yogic wisdom for overcoming stress and exploring the tools and techniques from the yogic repertoire

Simple, powerful practices that can strengthen your stress resilience and empower you to deal with the problems of everyday life effortlessly and with equanimity

Be assured to bring back home a renewed perception, clear understanding and powerful tools for perfect actions



Who is teaching?

Saraswathi Vasudevan, Founder-Director of YogaVahini based in India, will lead the workshop. She has trained and taught for nearly 20 years in the Classical tradition of yoga that is strongly founded in the teachings of Patanjali and specializes in adapting yoga to the unique needs and abilities of each individual. She founded YogaVahini recently along with her husband and yoga teacher, Sundar, with the aim of sharing the ancient wisdom of Yoga to address the needs and challenges of modern life.

She holds two Masters Degrees (in Nutrition and Psychology) and a Post-Graduate Diploma in Yoga. Saraswathi is also a trained facilitator and works by integrating the traditional wisdom of Yoga with modern facilitation skills. She conducts workshops, retreats and regular teacher training and therapist training programs in India, she is also a visiting faculty for Yoga Therapy Toronto, Canada, Yoga Therapy Australia and Association Vicitra Yoga, France.

For more information please visit: www.yogavahini.com