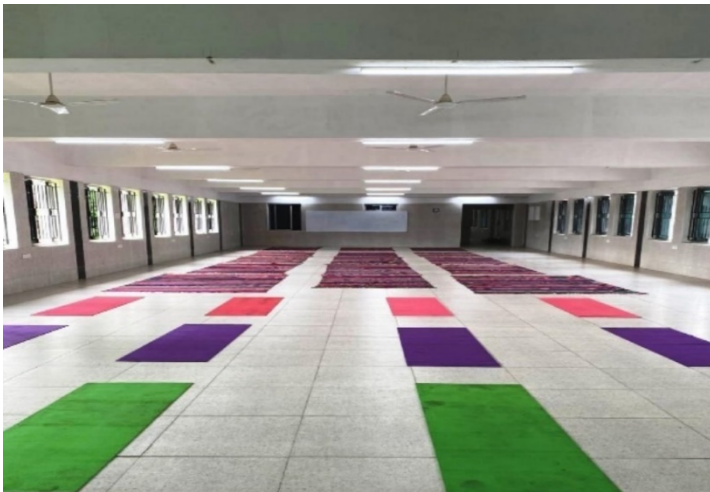


YOGA

Yoga is preventive and curative medicine



It's time to roll out your yoga mat and discover the combination of physical and mental exercises in **SIMATS** Yoga centre. Yoga is a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

Be proud to be an Indian the origin of Yoga is India. The word '**Yoga**' is derived from the Sanskrit root 'Yuj', **meaning** 'to join' or 'to yoke' or 'to unite'. As per **Yogic** scriptures the practice of **Yoga** leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. **Tirumalai Krishnamacharya** is referred to as "the father of modern yoga," You don't have to be a yogi to harvest the benefits of yoga.Yoga is for everyone.

SIMATS yoga offers alignment-based, heart-infused yoga that is body nourishing, soul satisfying and sanity supporting. We value equity, transparency, sustainability, inclusion and empathy in our teaching. We focus how to live the principles of yoga on and off the mat.

The building blocks of yoga are poses. Move slowly through each pose, remembering to breathe as you move. The idea is to hold each pose for a few, slow breaths before moving on to the next one. Yoga is not one-size-fits-all: The best yoga workout for you will depend on your individual needs and goals. Yoga is deeply relaxing and rejuvenating. Relaxation is built into every yoga session.

Breathing techniques are an essential part of yoga the help oxygenate blood, reduce stress and relax the nervous system and calm the mind thereby offer a "way into meditation,". Learn you and become mindful.

PROGRAM TIMING:

- Saturday (6.30 to 8.00am) (10.00 to 1.00pm)

PROGRAMMES OFFERED

- **P.G. DIPLOMA IN YOGA (weekend program)**

ELIGIBILITY OF THE PROGRAMME

Eligibility:

P.G. DIPLOMA programme Any Degree from recognized University

Fee Structure

PG Diploma in Yoga Rs 7500 /-