

INTERNATIONAL YOGA DAY  
FREE WEBINAR SERIES

WEBINAR SCHEDULE

**TRANSFORMATIVE  
POWER  
of YOGA**



21 JUNE

**POWER OF  
SOUND VIBRATIONS**

5:30 PM IST



24 JUNE

**POWER OF  
BREATH**

5:30 PM IST



27 JUNE

**POWER OF  
ASANAS & STRETCHING**

5:30 PM IST

SESSION FORMAT

**45 MINUTES**  
Experiential Practice



**45 MINUTES**  
Open Forum Discussion

Explore the deeper dimensions of body, mind and spirit, with an assortment of practices rarely found in most yoga schools.

REGISTER FREE WEBINAR



Click Here  
to Register

[www.vsyoga.org](http://www.vsyoga.org)

FROM 1 JULY

— Join Us —



**Daily**  
Morning Chair Yoga  
7:00 AM



**Daily**  
Evening Chair Yoga  
5:00 PM

YOGA FOR EVERYBODY

Yoga for everybody, at every stage of life. Vedasamskriti Yoga Foundation offers this free program for the continuing health of all, especially those without the flexibility or strength for mat yoga.  
**Chair-based Yoga, with a spiritual approach to every practice.**



A free program,  
funded by CSR.





Available on  
Zoom and  
YouTube.



Open to all.

# SELF-CHECK FOR DAILY YOGA NEED

If you say "Yes" to anyone of the questions below,  
**YOU NEED DAILY YOGA!**

-  Do you get angry sometimes?
-  Do you have tightness in your body?
-  Do you feel life is a drag?
-  Do you feel you have to push hard to get things done?
-  Do you feel others are impediments to get what you want?




**Dr. Rajan Narayanan,**  
Mentor and Initiator, Vedasamskriti Yoga Foundation.  
Founder and Director of Life in Yoga and CYAI.

A scientist whose chair-based yoga supports vitality and sleep and eases aches, where mat yoga is not an option.



**Mr. Sanjeev Krishnan,**  
Director, Vedasamskriti Yoga Foundation.  
Founder of Sanjeev Krishna Yoga (SKY), Dubai,  
Creator of the Rhythm of Life program. Director at CYAI, honoured by Dubai's Department of Health in 2004.

## TESTIMONIALS




“  
For me it is literally a new life.”

By practicing Ujjayi Pranayama and meditation as taught by Dr. Rajan Narayanan, I was able to resolve my hiccups, eliminate my blood pressure medication, improve my walking and reverse my heart condition. It surprised my cardiologist.

**Devinder Mahajan**  
Founding President, Arya Samaj Greater Houston

[Watch now](#)




“  
I tried many things, but when I found this technique, it gave me a lot of relief.”

After struggling with chronic fatigue syndrome for 35 years, totally overcame the condition with 5 months of breathing and mantra practices. Mitral valve regurgitation in the heart was reduced from 40% to 7% enabling avoidance of surgery. Overall improvement of health.

**Ramesh Bhutada**  
CEO, Starrpipe Products

[Watch now](#)




“  
Since practicing, I no longer get early morning mucus in my throat—it has been the biggest help!”

After dealing with various health issues, found immense physical comfort and a renewed sense of overall well-being with consistent attendance in the program over the year. It addressed a persistent struggle with early morning throat mucus, which has now fully gone.

**Kiran Bhatia**  
Long-term Program Participant (1 Year)

[Watch now](#)




### POWER OF SOUND VIBRATIONS

For Mental and Physical Balance.

Experience the power of vibration, audible and subtle, to restore balance within. You will also be introduced to the Nadi System, the Pancha Pranas, and deeper aspects of meditation.

[Sun 21 June, 5:30 PM IST](#)




### POWER OF BREATH

For Enhancing Vitality and Well-Being.

Ease stress by supporting your nervous and cardio-respiratory systems. Learn Ujjayi, Nadi Shodhana, Bhramari and Bhastrika. You will also learn the distinction between Prana, breathing and Pranayama.

[Wed 24 June, 5:30 PM IST](#)



### POWER OF ASANAS & STRETCHING

For Strength, Flexibility and Mobility.

Find relief from tightness by gently building flexibility and strength with the Pranakriya approach. This is mindful stretching with breath and sound vibrations. It is gentler than the 84 Hatha Asanas, but no less powerful. Also learn importance of spine and Vayus.

[Sat 27 June, 5:30 PM IST](#)

## PRESENTERS

-  **20+** years
-  **2,000+** online sessions
-  **1,200+** Measured Yoga Therapy Clients
-  **500+** participants served



**Life In Yoga**  
BE IN THE MOMENT, WHERE LIFE EXISTS

Member, Council for Yoga Accreditation International



[www.vsyoga.org](http://www.vsyoga.org)



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