

GOLDEN REWARDS

YOGA IS FOR EVERYONE, AT EVERY STAGE OF LIFE



AN AWAKENING ENERGY, STRENGTHENING HEALTH AND DEEPENING INNER WELLBEING

- ✓ **CHAIR-BASED CLASSES**
Accessible & comfortable in your own home
- ✓ **ANCIENT PRANA VIDYA**
Balance Chakras & energy channels
- ✓ **BREATH WORK**
Calm the mind & energise the body
- ✓ **PERSONAL GUIDANCE**
Supportive & Compassionate
- ✓ **FREE SESSIONS**

JOIN US ON THE PATH TO INNER AWAKENING



Life In Yoga Seniors
Chair-Based Gentle Yoga



[Click here to Register](#)

Yoga in the Journey of Life

People are born.

In adolescence they develop a mind of their own.

Mind is focused on everything external.

Success in life is defined by earnings, name and fame!

Resistance to what hits them, and worries cause stress.

Then, they develop ill-health, BP, Diabetes, Cancer, etc.

They spend the money earned on their treatment.

Allopathy treats one illness, and side-effects cause more.

Body and Mind are unstable.

ONE ASKS WHAT IS THE PURPOSE OF LIFE

When that is unanswered it leads to depression.

When you let go of the reactivity of the mind, the calmness opens

yoga - the connection to your inner self.

Inner awareness heals the body and mind.

And evokes intuitive awareness of Cosmic Wisdom.

This is Real Yoga

HEAR FROM THOSE WHO HAVE LEARNED FROM US



For years I struggled with asthma, sinusitis, and body pains. My daughter suggested I join Dr. Rajan Narayanan's yoga classes, and after three months of practice I feel wonderful. Even my shoulder pain—so bad I couldn't lift my hand—is now completely gone. Thank you.

• Antee Coonjan

testimonials



After a car accident in December left me with cracked hips, I experienced remarkably fast healing in just one month—all while practicing Chakra Vibrations and Bhastrika Pranayama from my hospital bed! My story is a testament to the healing power of the online yoga I attended daily

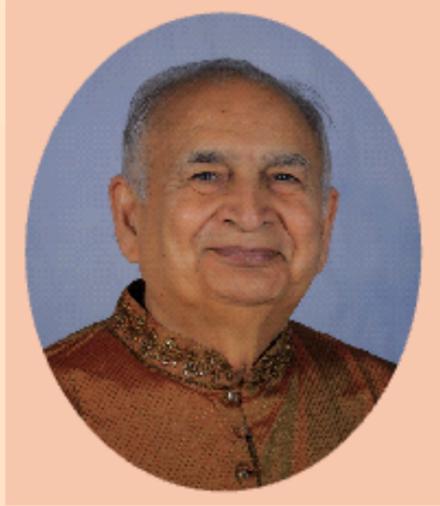
• Karthik



Since taking the (Panch Prana) course, my daily chakra meditation has brought remarkable changes in my body and my behavior. My energy stays steady all day, my body is naturally shedding excess weight, and I'm far less reactive and with more mindful presence. Working with Samana vayu through the sound chakra meditation, followed by Ujjayi pranayama and meditation, has been truly transformative. Until I took this course, I was unaware how a simple daily practice can make such profound difference in my health and behavior.

• Rita

LET US TALK ABOUT REAL YOGA



I am 89 years old now and about 38 years ago, at the age of 51, had an open-heart surgery. Over the years, three times stents were added to keep me going. 7 years back during a check up, I was told that there is a lack of blood supply to my heart in some areas but there is no room now to add more stents. It was my good luck that right at that time, in casual conversation, Mr. Ramesh Bhutada Ji told my wife, who is a physician, how Dr. Rajan Narayanan has helped him to overcome his problem of chronic fatigue syndrome which he suffered for 35 years as well as some other serious heart related issues. Within few days of that conversation, Dr. Rajan Naryanan happened to visit Houston. I got examined by him through his Bio-well technique and was told to do two practices, 10 minutes of breathing through my throat called Ujjayi Pranayama and 20 minutes of meditation with IM vibration daily, twice , morning and evening.

At the time of my examination, I was facing these three big issues, hiccups and belching, more so, at night, could hardly walk 4/5 minutes with pain under my arms, and weight gain due to water retention. After doing these two practices for about 7 to 8 weeks my hiccups were gone, and a slight improvement in my walking. To make my story short, within 4 months I could walk 45 minutes to an hour and my weight started improving. Also, three medicines and an inhaler were eliminated. For me it is really a life changing experience, 10 minutes of Ujjayi Pranyama and 20 minutes of mediation with IM mantra proved to be my lifeline. I am very happy to share my experience, so that other people get encouragement and make use of this opportunity.

Yoga is far more than physical wellness. It is the harmonizing of body, mind, and soul. With time, it awakens intuitive perception - an inner knowing that reveals purpose, meaning and the quiet truth of your existence.

Dr. Rajan Narayanan of Life in Yoga Institute, in which I serve on the Board, has developed an easy way for all ages. Instead of beginning with physical asanas, he begins with sound vibrations and breathing practices that connect into your life-force and then impacts your body in gentle movements of the spine and joints; thus, preparing you for inner awareness for healing and self-realization. This approach is based on the five Prana Vayus and the Nadi-Chakra system - concepts often mentioned but rarely understood.

I invite you to join the only Chair-based Daily Yoga program of its kind from the comfort of your home that

- Heals body, mind, and spirit
- Boosts vitality, improves sleep, and eases age-related aches and pains
- Is always free for you (supported by charitable funds)
- 7 days as week, without breaks for holidays
- Teaches Prana Vidya and the deeper meaning of existence alongside various practices

Devinder Mahajan,
Arya Samaj, Houston, USA
Director, Life in Yoga Institute

[**Click here to Register for Chair Yoga Class**](#)



VEDASAMSKRITI
YOGA FOUNDATION

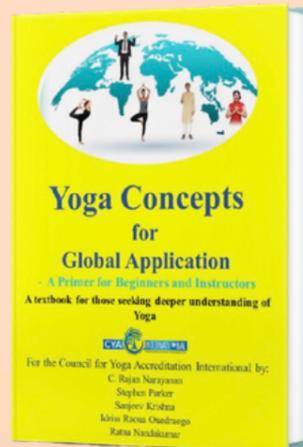
Vedasamskriti Yoga Foundation (VSYF) (vsyoga.org) is an Indian non-profit organization funded by donations inspired by the work of Life in Yoga Institute, USA, to provide services free of cost to improve the health of the population. Life in Yoga Institute actively works with VSYF to bring these services to India.

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Our Publication

Deepen your understanding of authentic yoga principles through this comprehensive guide that bridges ancient wisdom with modern practice.

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Begin your journey with daily chair-yoga right in the comfort of your home.

Every day.

Come experience yoga as it was meant to be

[Click here to Register](#)

COMPLETE. CONSCIOUS. TRANSFORMATIVE.

Measured Yoga Therapy® (MYT)

BRIDGING SCIENCE & YOGA

MYT is a unique, non-invasive approach to wellness that integrates measurement of yoga's subtle energy systems before and after specific yoga practices; thus, enabling therapeutic precision. MYT offers personalized healing pathways for those seeking gentle, effective support for their health journey.



MYT STEPS

- Review Health History
- Use Bio-well technology to get baseline bio-meridian measurement of energy flow in about 40 organ systems by inserting each of the 10 finger-tips within an electromagnetic field
- Target yoga practices to address weaknesses in energy flow of specific organs
- Take follow-up reading immediately to see impact of specific yoga practices
- Recommend specific practices that restore abnormal readings to address specific health issue.



“Measured Yoga Therapy® (MYT) is a system of predicting the longer-term outcome of a specific yoga practice from a single session with pre-post measurement of the Nadis.”

Developed by Dr. Rajan Narayanan

Used in more than 1,200 cases of health disorders.