



Dear Home Makers and Young Adults

Make use of this Raksana Krama Program to Maintain to Improve and to strengthen your whole constitution.

## TIMINGS

### BATCH I

Monday, Wednesday, Friday 11 to 12 noon

### BATCH II

Tuesday, Thursday, Saturday 11 to 12 noon

## YOGA is Intense, Incessant and Perfect Action

- Strict adherence to the timings is requested.
- Regular attendance is solicited.
- Regular practice at home is mandatory.



### Our Activities :

- Individual Yoga Therapy Classes
- Individual Fitness Classes
- Group Fitness Classes
- Children's Group Classes
- Vedic Chanting - Individual & Group
- Yoga Teacher training Programme
- Advanced Programme for teachers
- Yoga Therapist Training Programme

For Registration and Further Information,  
Please Contact :

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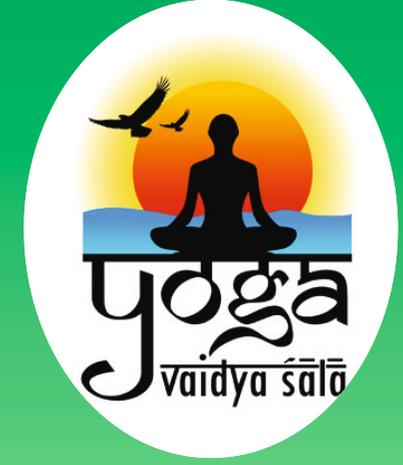
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The Viniyoga Healing & Research Centre

Centre for higher learning in  
Yoga, Yoga Therapy and Vedanta

P R E S E N T S

RAKSANA KRAMA  
FOR ADULTS

# RAKSANA KRAMA

## YOGA FOR MAINTENANCE AND ENHANCEMENT OF HEALTH

**Health is the greatest wealth**

**Everyone experiences this truth only when  
it is disturbed by ailments**

- *Change is the nature of Nature, including health.*
- *Never be complacent about Health*
- *It needs to be protected, maintained and enhanced on a regular basis.*



- *Any form of exercise is a MUST for everyone and everyday.*
- *Yoga is unique, simple, most effective and wholesome*

## LEARN & PRACTICE

### ASANA

*To improve the flexibility of joints and to strengthen the muscles.*

### PRANAYAMA

*To increase the functionality of all physiological systems.*

### DHARANA

*To enhance the ability of the mind to focus and to relax*

### DHYANA

*To potentiate our deeper systems*

### CHANTING

*To enable the practitioner to get linked with the Highest*



- *Yoga has a specific, unique and traditional way to protect, maintain and to enhance our health.*
- *This form of yoga practice is known as 'RAKSANA KRAMA' (Raksana means protection)*



- *To Experience the full potency of your constitution.*
- *To Enjoy positive and meaningful life*
- *To Enter into your vocation with full energy.*
- *To Release all the stress and strain of the day.*