



Dear parents

Make use of this opportunity to provide your children their most required gift from our tradition and see them growing symmetrically and holistically.

PRATHAMA INTRODUCTORY LEVEL AGE

from 6 years to 16 years.

DURATION

3 months

2 days a week

1 hour per session

TIMINGS

BATCH I

BATCH II

SATURDAY
SUNDAY

4 to 5 PM
7 to 8 AM

5 to 6 PM
8 to 9 AM

- Strict adherence to the timings is requested.
- Regular attendance is solicited.
- Regular practice at home is mandatory.
- Successful candidates can progress to **Madhyama** and **Uttama** levels.



Our Activities :

- Individual Yoga Therapy Classes
- Individual Fitness Classes
- Group Fitness Classes
- Children 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 :

पुष्पा वायदेया ईश्वर

The Viniyoga Healing & Research Centre

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पुष्पा वायदेया ईश्वर

The Viniyoga Healing & Research Centre

Centre for higher learning in
Yoga, Yoga Therapy and Vedanta

P R E S E N T S

SRISTI KRAMA YOGA
FOR CHILDREN

SRISTI KRAMA YOGA

**Children are very precious &
Each one is unique
Their yoga must also be
unique and special**

Childhood is the time when,

- Every cell, tissue and organ is growing; Sristi Krama yoga helps in their ideal, all round growth.
- Their physiological systems are getting strengthened; Sristi Krama Yoga poses adequate challenges to promote this strengthening process.



- Their mind is being formed and firmly get established; Sristi Krama Yoga prepares the ground and enhances attention, concentration & memory.



*They bubble
with
enormous
energy and
vitality;
Sristi Krama
Yoga utilizes
them for
their
growth.*



- They love challenges and fun; Sristi Krama Yoga is pleasingly embedded with them.



SRISTI KRAMA YOGA



- The unique traditional way of teaching Yoga techniques to children is called Sristi Krama where in the methodology adapted is known as Vinyasa Krama.
- Legendary Master Sri. T. Krishnamacharya retrieved this invaluable gift from the yore and perfected it into an art.
- It has all the delicacies that every child would love to practice - stretches, jumps, balances, challenges, deep breaths, suspension of breaths, chants, fun and everything.

Regular practice of Yoga under the supervision of a qualified and an experienced teacher surely ensures the following :

- Symmetrical development of the entire physical constitution.
- Optimum flexibility of the joints
- Required strength of the muscles
- Enhanced physiological capability of all inner organs
- Increased potency of immune and neurological systems.
- Increased attention, memory and balanced state of mind.