**Nalludal of Agasthyam : Harnessing the Healing Power of Kalaripayattu in Health and Fitness.**

**Kalari for all Ages / Martial arts Medicine**

**Gurukkal Dr S Mahesh**

**Agasthyam Kalaripayattu**

In the pursuit of holistic well-being, Nalludal of Agasthyam, an innovative, successful and an unique health and fitness program that taps into the ancient art of Kalaripayattu as a profound healing system. Originating from the southern Indian state of Kerala, Kalaripayattu is not merely a martial art but a comprehensive discipline that intertwines physical prowess, mental fortitude, and therapeutic elements. Hundreds of students of all age group, worldwide, embrace Nalludal training as an integral part of their healthy lifestyle

**Physical Harmony:**

Nalludal embraces Kalaripayattu's dynamic movements and postures, promoting physical strength, flexibility, and balance. The art's intricate sequences enhance cardiovascular health and muscular endurance, laying the foundation for a resilient and agile physique.

**Mental Resilience:**

Aligned with our philosophy, Kalaripayattu emphasizes mental focus and discipline. Practitioners develop heightened concentration, a key component in stress reduction and overall mental well-being. The meditative aspects of the art contribute to a calm and cantered mind.

**Healing Modalities:**

Beyond its martial applications, Kalaripayattu incorporates therapeutic techniques. Nalludal integrates these healing modalities into its program, utilizing specific movements and postures to address various physical ailments. The system believes in the body's innate ability to heal and seeks to amplify this natural process through mindful practice.

**Energy Flow and Vital Points:**

Kalaripayattu recognizes the existence of vital energy channels within the body. Nalludal harnesses this understanding by incorporating exercises that stimulate these energy flows, promoting a harmonious balance in the body's systems. By targeting specific vital points, the program aims to unlock and channel the body's innate healing energies.

**Mind-Body Connection:**

Agasthyam's Nalludal underscores the interconnectedness of mind and body or we can say the body mind complex . Kalaripayattu serves as a conduit for cultivating this symbiotic relationship, fostering a holistic approach to health. The program encourages participants to not only master physical techniques but also to attune their mental and emotional states for overall well-being.

In essence, Nalludal of Agasthyam goes beyond conventional fitness routines, delving into the rich heritage of Kalaripayattu to provide a comprehensive health and fitness experience. By marrying the ancient wisdom of this martial art with modern understanding, the program stands as a testament to the enduring efficacy of holistic practices in promoting a balanced and thriving life.

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