



ELAN TATTVA

Elan Tattva Yoga Therapy Portfolio

In our increasingly fast-paced lives, Yoga opens out a calm channel to harmonize mind, body and soul
Learn and feel authentic yoga from trained and experienced yoga practitioners

Practices drawn largely from the ancient and acclaimed Bihar Yoga™, an international School of yoga based in Munger,

Yoga for Healthy Back (60mins)

Back pain = performance- inhibitor + confidence –reducer

Structure of the program

Smooth starters + Flexibility + Stability + Strength+ Relaxation

Result

Retain/ regain the range of motion of the spinal column
Remove neck and shoulder pain
Improve the balance, stability and strength trio

Yoga for Weight Loss

Obesity = susceptible to diseases such as Type 2 diabetes, coronary artery disease , hypertension, heart disease etc. + lowered vitality, mental dullness and depression

Yogic Management (Integrated Approach) :

Asana -> Balances the endocrine glands, Revitalises the clogged up digestive system and Builds stamina

Pranayama -> Speeds up metabolism and reduces fat

Relaxation and meditation ->deep relaxation and de-stressing

Yoga for Hypertension

Stresses & strains of modern life -> Hypertension
Hypertension -> damages the heart, the brain, the eyes, and kidneys

Yogic Practices = Relaxation + Asana + Pranayama + Meditation

How Yogic practices aid in the cure:

Reduces mental tension
Removes the effect of stress, such as toxic wastes
Reharmonises the endocrine system
Strengthens the whole mind-body complex

Yoga for Diabetes

Asana: Deep rest to the pancreas and release the pranic blocks, Special postures to stretch, compress or twist the abdominal area to rejuvenate pancreas

Pranayama: Remove the imbalance, reduce stress levels, reduce blood sugar values and to correct insulin receptor insensitivity

Outcome = Control diabetes, blood pressure – under control, reduce/Avoid the risk of heart and blood vessel diseases

Yoga for Digestive Disorders

Digestive power = optimal health + vitality in life

Digestive disorders = disturbed digestion, assimilation and elimination processes

Yoga = strengthen and rebalance the primary digestive processes -> regenerative process is set in motion -> self healing

Yoga = activates the body's inherent healing energy

Yoga for Respiratory Disorders

Treats – Asthma and nasal allergy

Yoga therapy

Strengthens the weak and oversensitive respiratory system
Strengthens the chest
Enhance and develop the respiratory capacity and resistance
Restoration of depleted and blocked pranic energy channels