

Yoga – The Powerful Mental Tool to Cure Ailments

Being into a full-time corporate job; today a yoga teacher, enthusiast and entrepreneur; How did it happen in your life?

Yoga plays the most crucial part in changing my life. Earlier I used to work as a Freelancer Yoga Tutor. I used to take corporate sessions as well as individual classes. Yoga is my passion that has propelled me to become a teacher, practitioner, and a Yoga enthusiast. Today, in Kharghar I opened my own studio in 2018 to create a space that felt like home - a warm and welcoming environment where people might come as they are, regardless of any prior yoga experience, age, size, or degree of flexibility.

How practicing Yoga helps in healing and curing diseases?

Yoga, through the process of sincere practicing, will help you to find a healing journey that can radically shift you to a better life. When you feel pain, you feel disconnected from yourself and from your own body. The identification with wholeness and completion that yoga heralds is not only a result of connection to breath and movement of the body, but targets almost every area of the body – core, arms, legs, and back.

Regularly practicing yoga is a major source of healing and will completely cure several diseases that you can never think of – in fact there are hardly any diseases that yoga can't help in controlling.

Shreyasi Maiti in conversation with Renuka Vilampil, the founder of Advaya exploring the most effective yoga healing therapies for heart disease, arthritis, hypertension, diabetes, and lots more..

Yoga helps in curing chronic ailments like diabetes, hypertension, hypothyroidism and hyperthyroidism, and polycystic ovarian syndrome (PCOS in women) by regulating metabolism and keeping all the organs of the body healthy and fit. Yoga therapy healing programs in Advaya bring relief and long-term cure to varicose veins, which for many people there are no symptoms. Practicing various yoga forms like the pranayam and anulom-vulom are the only sustainable cure for asthma.

Restless leg syndrome where there's only pain without any other symptoms, inguinal hernia which includes pain and in many cases there are no symptoms - Yoga therapy can drive away these diseases permanently. People indulge in spending huge money and tremendous time on various treatments, but



practicing Yoga will help in healing along with increasing core strength and will prevent hernia from recurring. Yoga is not only a fitness program for weight loss, with pranayam we can cure skin diseases, herniated disk, frozen shoulders, Arthritis, Liver Problems, Lower back issues – If you are exhausted with doctors physiotherapists, Yoga asanas are highly effective solution to several medical conditions.

What is pure Yoga according to you?

Advaya is dedicated to serving yoga for every community by offering diverse yoga practices - Vinyasa, Hatha, Pre-Natal and more. We hold regular workshops and in-house training, and an internal mentorship programme. In Advaya, you'll be benefitted first-hand from regular yoga



practices and are continuously encouraged to attend several yoga therapeutic workshops. For those interested in training outside the studio, we have developed an online yoga video platform; enabling anyone on the go to take their practice with them.

Advaya celebrates the diversity of yoga styles by offering a wide variety - traditionalists will rejoice in Hatha Yoga, Ashtanga, Pranayama and Meditation; contemporary practitioners will thrive on the likes of Power Yoga, Yoga with props. The three scenarios where I take personal sessions – Yoga Therapy, pre-natal and very advanced courses.

Complementing this premium yoga experience are workshops with yoga teachers from around the globe, Training and retreats in idyllic locales that take yoga beyond the studio. The concept of Yoga shouldn't blend with other diverse yoga forms or weight-loss dance programs like zumba classes. That's why Advaya is practicing pure yoga as it never deviates into any other form of Yoga.

The soul of yoga misses out if yogas, zumba and asanas - all blend together.

How Yoga played a significant role in your life?

As a small child being a dancer, I used to maintain my flexibility and I used to do Yoga. While growing up healthy, I found the issue of my abnormal twist in my leg and I was moreover suffering from being overweight, for many months, the pain increased again. I kept on moving without realizing and after 1.5 years, I started realizing that this pain is controlling my life and the way I can't move my body smoothly. Soon, I enrolled myself in a Yoga centre and after moving to India, I slowly started practicing my asanas and steadily I can feel my knee is healing. Where doctors and MRI scans frightened me for a knee replacement surgery; I started practicing Yoga as an alternative medicine which cured me perfectly.

What are the yoga styles for beginners and advance level in Advaya?

Beginners never feel intimidated because our teachers never forget they were once beginners too - going at your own pace is always encouraged. Advanced students can deepen their practice amidst people who have travelled the world, learning and sharing the joys of yoga.

Advaya offers classes from all ranges of experience, from beginners to advanced

level as well as therapeutic and pre-natal/post-natal classes. Our intention is to provide an experience for you that you can take home in your daily life creating more awareness, peace and joy. Our classes are alignment based and we use various props which bring alignment, steadiness and depth into your practice allowing you to work within, and improve your range of motion, flexibility and mobility in a safe and effective way.

Advanced yoga is more

you manipulate and control your body.

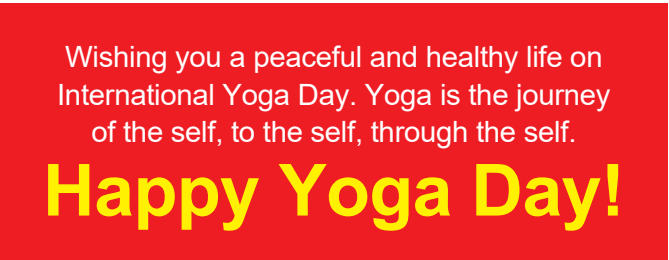
SPECIAL MESSAGE ON INTERNATIONAL YOGA DAY

Irrespective of age, to start Yoga practice whether you're 10 or 70 years old, if you're considering Yoga, don't hold up for even 1 day and just find a place to enlist yourself. Don't think you're too old for yoga or for practicing yoga and if you're blessed with a good yoga teacher that will help you.



of an experiment with your breath, long practices of pranayama. As you progress to easy postures, slowly you start attempting difficult and more demanding postures for flexibility. For that you need to take 3-6 months of asana practice. Advance yoga is how

At least practicing yoga, twice a week, will help you. One should understand that you've to find a good teacher and the right instructor for yoga. It is about balancing your senses, balancing your body, soul and mind in order to live healthy and in peace.



Yoga at 75 Heritage Locations

New Delhi: Minister of State in charge for Culture and Tourism Prahlad Singh Patel performed yoga with officers of Ministries of Culture and Tourism as well as yoga experts and yoga fans at the historic Red Fort in Delhi on the occasion of seventh International Day of Yoga on June 21. The union minister was leading the drive “Yoga, An Indian Heritage” as a part

of “Azadi ka Amrit Mahotsav” campaign. The program was organised at 75 cultural heritage locations across India with the active participation of all institutions/bodies of the Ministry to commemorate 75 years of Independence. Considering the current pandemic situation, the number of participants for Yoga was restricted to 20 at each site. Before the Yoga demonstration, the union

minister and those attending the programme watched a live telecast of the address of Prime Minister Shri Narendra Modi on the occasion of International Day of Yoga.

Union Minister Nitin Gadkari, Goa CM, Pramod Savant, MP from Laddakh Jamyang Tsering Namgyal and many other dignitaries participated in yoga programmes of the Culture Ministry at different places.

Speaking to media persons after the yoga celebrations at Red Fort, Prahlad Singh Patel said that Yoga is our greatest heritage. It goes to the credit of Prime Minister Shri Narendra Modi of having popularized this wellness mantra all over the world. And as a result, today the whole world celebrates International Day of Yoga and people have made it part and parcel of their lives. He further added that IDY 2021 is being celebrated as part of AmritMohatsav to



commemorate 75 years of Independence. Accordingly, the Culture Ministry has organised yoga programmes at 75 heritage locations across the country. He urged the youth to take up Yoga in their lives to enjoy a healthy and happy future.

Shri Patel further said that the Prime Minister has announced that the world is getting a mYoga app today, which will provide many videos of yoga training based on common yoga protocol in many languages. He added that the mYoga app will definitely help all the people of this world to live healthy and happier lives.

Yoga protocol demonstration at Red Fort was performed under the guidance of Acharya Pratishtha. Secretary (Culture) GoI Raghvendra Singh, Secretary (Tourism) GoI, Arvind Singh and other senior officials of the Ministry also attended this yoga drive.

Culture Ministry organised yoga and cultural programmes at heritage locations like Ellora Caves (Aurangabad), Nalanda (Bihar), Sabarmati Ashram (Gujarat), Hampi (Karnataka), Ladakh Shanti Stupa (Leh), Sanchi Stupa (Vidisha), Sheesh Mahal (Patiala), Rajiv Lochan temple (Chhattisgarh), Bomidila (Arunachal Pradesh) among others.

