



# HEALING YOGA SADHANA

**Yoga is proven to be therapeutic for many cases, such as:**

1. Post-Traumatic Stress Disorder (PTSD)
2. Chronic Stress, Anxiety & Depression
3. ADHD in children
4. Chronic Low Back Pain
5. Fibromyalgia & Arthritis
6. Mobility & balance (Parkinson's, etc.)
7. Migraine & Chronic Headaches
8. Insomnia & Sleep Disorders
9. Thickening of cerebral cortex
10. Acid-peptic diseases
11. Lipid & Liver disorders
12. Irritable Bowel Syndrome (IBS)
13. Blood Pressure disorders
14. Coronary Artery Disease
15. Type 2 Diabetes Mellitus
16. Obesity & Metabolic Syndrome
17. Asthma & COPD (mild to moderate)
18. Endocrine Dysregulation
19. PCOS (Polycystic Ovary Syndrome)
20. Menstrual & Menopausal symptoms
21. Reversal of age related changes

Yoga is far more than flexibility or fitness—in a world filled with stress, distraction, and disease, it is a pathway back to calmness, focus and health.

Yoga offers holistic healing by enhancing immunity, reducing stress, and nurturing mental, emotional and spiritual growth. Because it is adaptable for every age and ability, Yoga becomes a universally accessible tool for total well-being and lifelong health.

## CONTACT US



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Venue

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**Enrolment Form**

Link & QR Code:  
<https://forms.gle/Lzgxrbm8QPu4ojjU7>