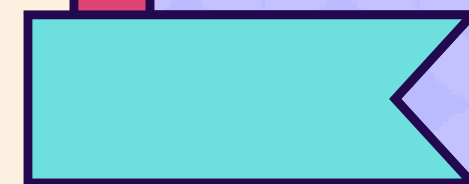
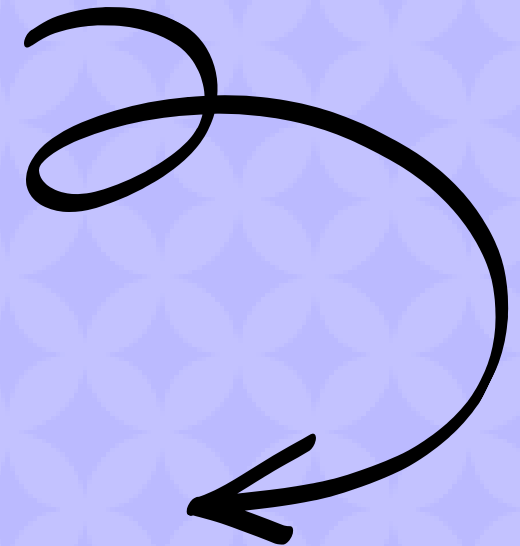
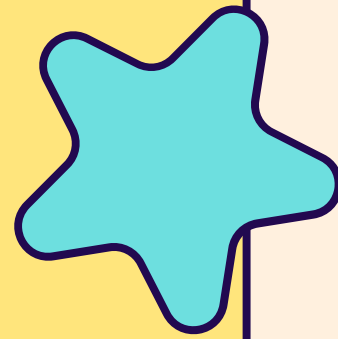


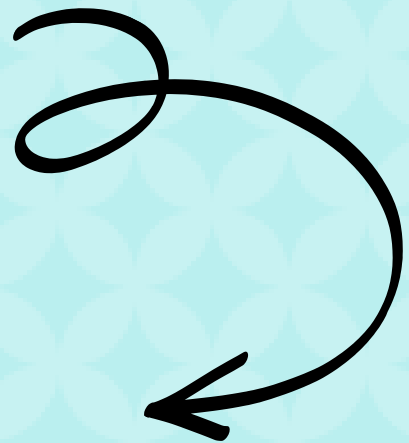
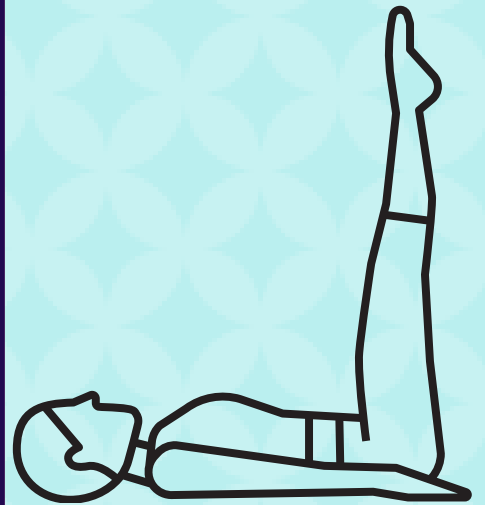
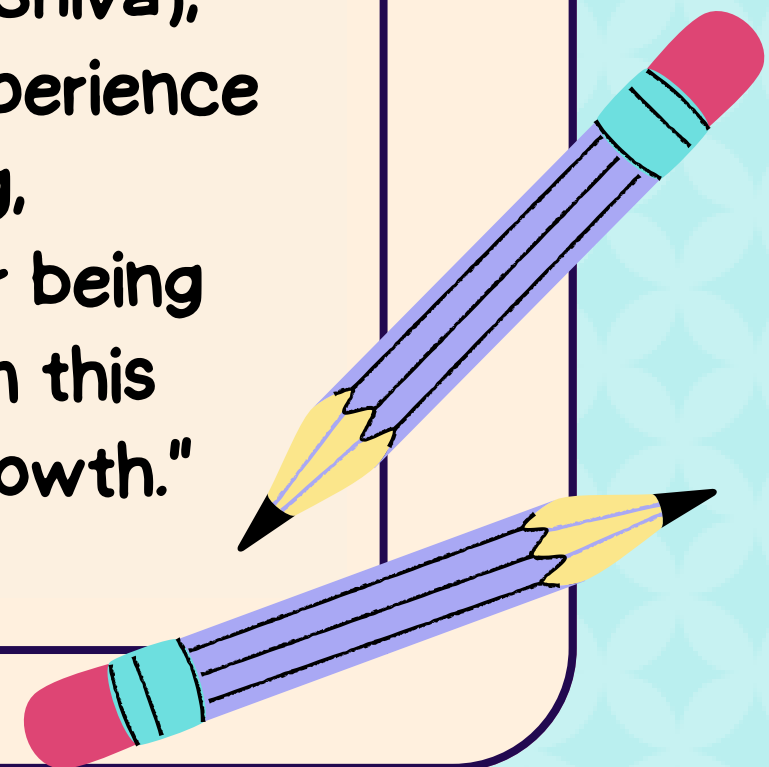
**VIDEH**  
**ISHA HATHA**  
**YOGA**





# ABOUT US

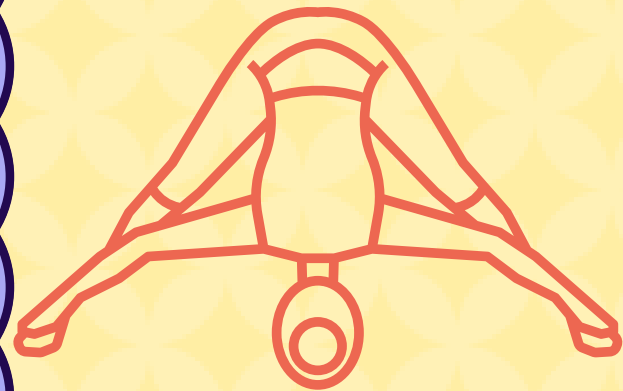
"Our training programs are crafted and delivered by a group of Certified Isha Hatha Yoga Teachers, meticulously trained under the guidance of Sadhguru. Immerse yourself in the purest form of yoga and meditations directly derived from the source, Adi Yogi (The Shiva), with our carefully curated programs. Experience the transformative power of our training, designed to help you engineer your inner being and manifest outer well-being. Join us on this journey of self-discovery and holistic growth."



# WHY HATHA YOGA ?

The word "ha" means sun, "tha" means moon. "Hatha" means the Yoga to bring balance between the sun and the moon in you, or the Pingala and Ida in you. You can explore Hatha Yoga in ways that take you beyond certain limitations, but fundamentally, it is a physical preparation – preparing the body for a higher possibility.

*Sadhguru*



# PRACTICE MODULES

- **Hypertension  
Module**
- **Obesity  
Module**
- **Diabetic  
Module**

# HYPERTENSION MODULE

**01**

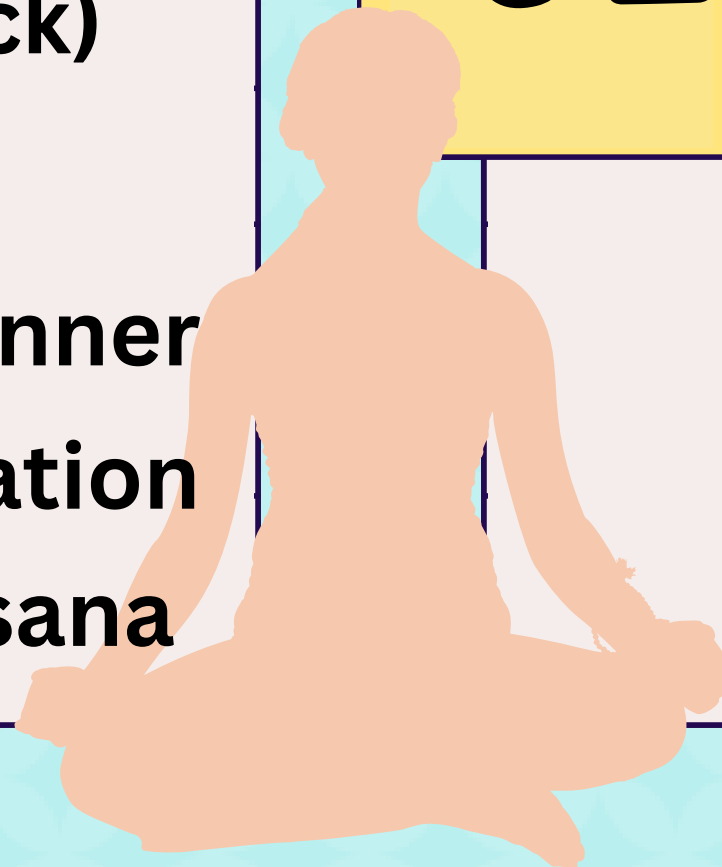
## **PRACTICES**

- **Sadilaja (till Neck)**
- **Surya Kriya**
- **Yogasanas Beginner**
- **Sushanti Meditation**
- **Paschimottanasana**

**02**

## **NOTES**

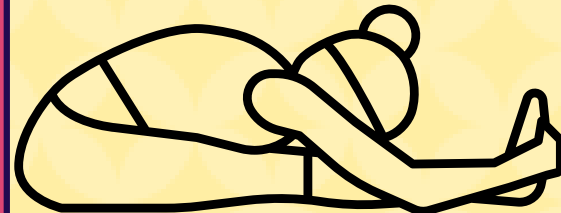
- **During shower, pour water on the head first**
- **Focus on Paschimottanasana specfically , 3 mins twice a day for 15 days**
- **Sushanti Meditation 3 times a day for 15 minutes**



# OBESITY MODULE

## PRACTICES

- Bhuta Shuddhi
- Nadi Shuddhi
- Surya kriya & shakti
- Angamardana
- Yogasanas Beginner
- Janur Shirasasana
- Chit Shakti



## NOTES

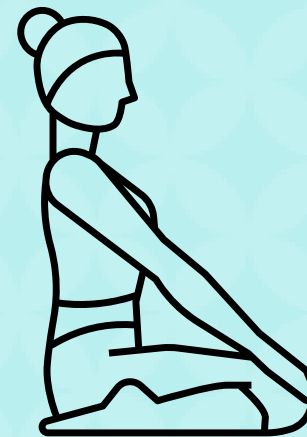
- Focus on Janur Shirasasana
- Bhuta Shuddhi, Nadi Shuddhi, Chit Shakti Meditation



# DIABETIC MODULE

## PRACTICES

- JALA NETI
- NADI SHUDDHI
- SURYA KRIYA & SHAKTI
- YOGASANAS BEGINNER,
- BHASTRIKA
- CHIT SHAKTI



## NOTES

- PRACTICE BHASTRIKA FOR MINIMUM 12 MINS DAILY
- RECOMMEND ALTERNATE DAY SCHEDULE FOR SURYA KRIYA AND ASANAS

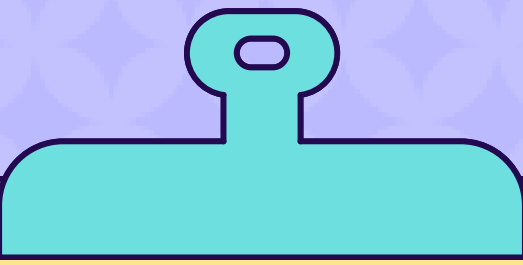
# SADILAJA

Sadilaja is a simple yet powerful set of 10 practices that activate the joints, muscles and energy system, bringing ease to the whole system. Based on a sophisticated understanding of the body's mechanics, Upa Yoga dispels inertia in the body's energy and brings ease to the whole system.

## BENEFITS

- Relieves physical stress and tiredness
- Strengthens the joints and muscles
- Rejuvenates the body after periods of inactivity
- Negates the effects of jetlag and long travel



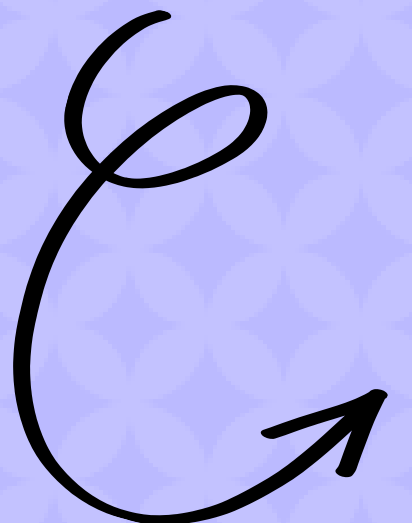


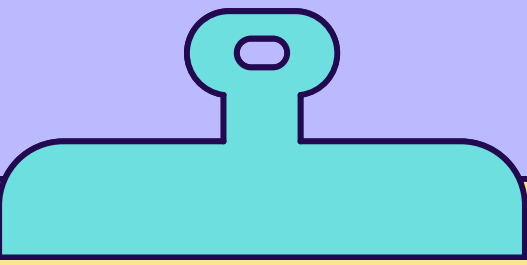
## BENEFITS

- Strengthening the spine, skeletal and muscular systems
- Building physical strength and fitness
- Invigorating the body, bringing a sense of lightness and freedom
- Preparing the body for hatha yoga

# ANGAMARDANA

Angamardana is a powerful system to bring the human mechanism to ultimate health and wellbeing, and above all, to blossom into a full-fledged human being





## BENEFITS

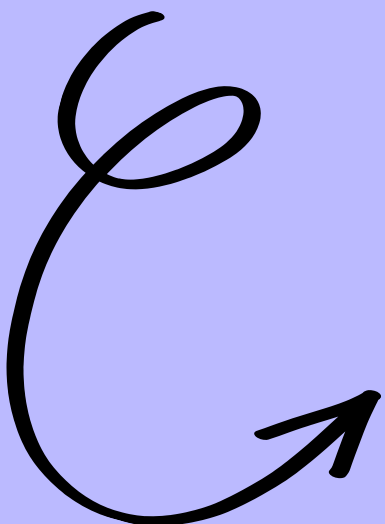
- Develops mental clarity and focus
- Remedies weak constitutions
- Boosts vigor & vitality
- Balances hormonal levels in the body
- Prepares one for deeper states of meditation

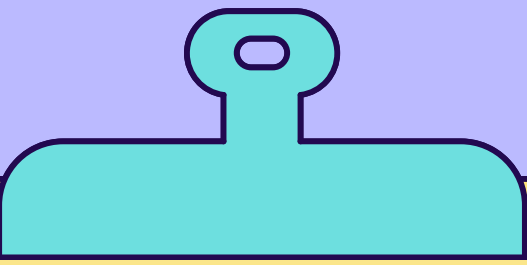
# SURYA KRIYA & SHAKTI

Surya Kriya is a potent yogic practice of tremendous antiquity, designed as a holistic process for health, wellness, and complete inner wellbeing.

"Surya" means "sun," and "kriya" means "inner energy process."

Surya Kriya activates the solar plexus to raise the samat prana, or solar heat, in the system



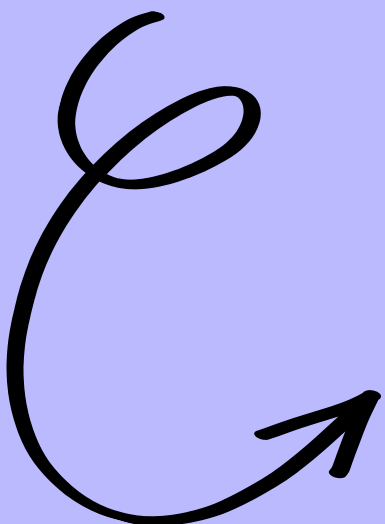


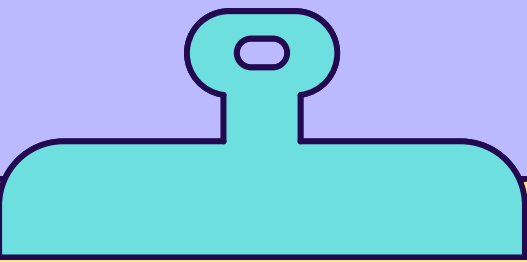
## BENEFITS

- Relief of chronic health condition
- Evolution of body and mind towards a higher possibility
- Stabilization of the body, mind, and energy system
- Deceleration of the aging process

## YOGASANAS

If you consciously hold an asana, it can alter the way you think, feel, and experience life. This is what Hatha Yoga can do



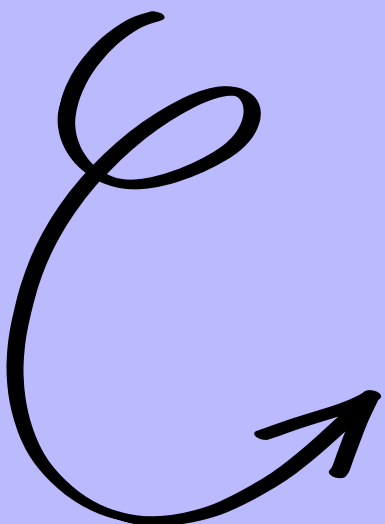


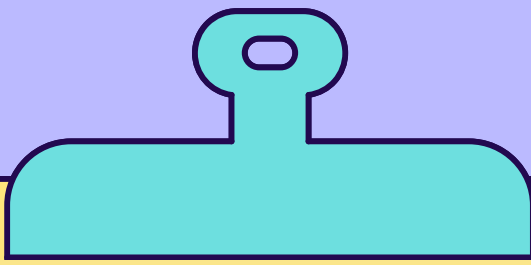
## BENEFITS

- Keeps the system in harmony and balance
- Prepares the system to handle powerful states of energy
- Stabilization of the body, mind, and energy system
- Enhances the capabilities of the physical body, mind, and energy system

# BHUTA SHUDDHI

The basis for all creation, including the physical body, is the group of five elements: earth, water, wind, fire, and space. The wellbeing of the body and mind can be established by purifying these five elements within the human system. This process also shapes the body into a stepping stone towards one's ultimate wellbeing





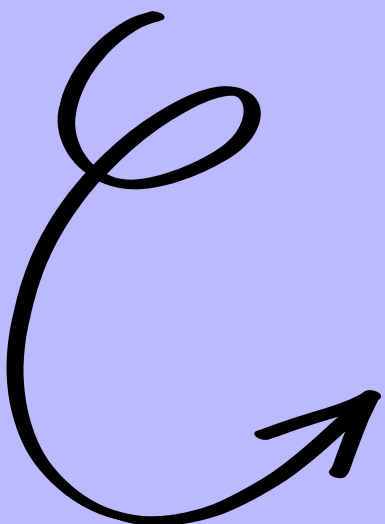
## BENEFITS

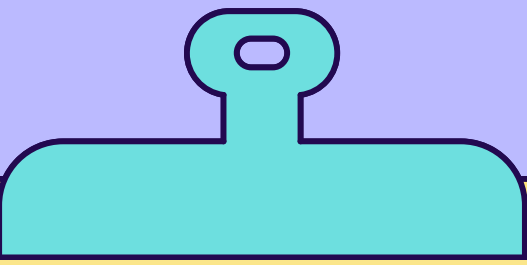
- Purifies blood
- Increases lung capacity
- Relaxes the whole system

# BHASTRIKA

The way you breathe is the way you think. The way you think is the way you breathe.

This process is especially beneficial for those suffering from asthma, allergies, sinusitis, diabetes, hormonal imbalances and skin diseases.



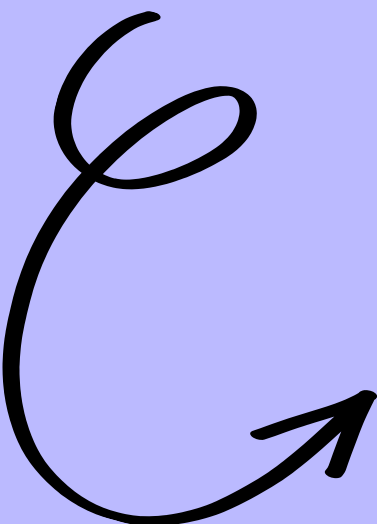


## BENEFITS

- Relieve anxiety, stress and psychological tension
- Bring balance to your thoughts, activities and emotions
- Enjoy a deep sense of peace throughout the day

# NADI SHUDDHI

a Yogic practice that cleanses the nadis – the pathways through which prana (vital energy) flows – resulting in a balanced system and psychological wellbeing





# WORKSHOPS

CONDUCTED BY US







## Experiences

**10yr+ of yoga practice  
Conducted 100+ Sessions  
Influenced 500+ Participants  
Including  
Army officers, directors, heads  
,managers, students etc.**



**Our founder**  
**Kranti Sudarshan**  
Isha Hatha Yoga Teacher  
with  
2yr+ At Isha Yoga Center  
Mtech, Nit Patna



**TESTIMONIALS**





thank you!

<https://videh.org/>