



**Vivekananda Yoga**

• Health • Happiness • Harmony

[www.vivekanandayoga.us](http://www.vivekanandayoga.us)



## Free Workshop on Promotion of Positive Health, Natural Healing, and Immunity

*"A Journey towards a Healthier, Happier and Harmonious life"*

Discover the power to heal yourself

### 10 Day Yoga Workshop

**Location:**

MPR Hall of  
Stone Ranch Elementary School  
16150 4S Ranch Pkwy,  
San Diego 92127

**Workshop Schedule:**

October 18 - 29  
Weekdays only  
7:00 - 8:30 pm

**Lead Trainer: Yoga Acharya Nemani Subbarao**

No prior yoga knowledge or experience needed

Min Age 10 years

Social distancing and other Covid precautions followed

Workshop limited to ~ 30 participants and will be conducted in a huge facility  
with a capacity for 450 people. There will be plenty of room for social distancing.

**Registration Required - Link :** <https://forms.gle/ure9ejYEPVpSTSJA6>

Deposit of \$100 required at registration - Fully refundable if you attend 8 out of 10 Classes

Zelle to: [vivekananda.yoga.sd@gmail.com](mailto:vivekananda.yoga.sd@gmail.com)

For more details visit:

[vivekanandayoga.us](http://vivekanandayoga.us)

Contact:

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(858) 284-0458



Write up by Yoga Acharya Subbarao Nemani. Detailed profile can be found at:

<https://www.vivekanandayoga.us/#/teachers>

In Person Workshop in San Diego - Registration Link: <https://forms.gle/9mYJsmRzRNxCbmDv7>

All of us want to be happy and enjoy life. And enjoy it for a long - long time. We love our freedom too. We want to get engaged and involved in life and not get entangled. But to do all this,, we need a healthy body and right frame of mind.

If a plant in our yard looks sick with drooping branches and leaves, what do we do? We look for the cause in the soil and the roots. Fertilize it, aerate it and water it. We examine for appropriate Sun-light and heat. We examine the root cause. We do not treat the branches and leaves. Imagine the tree is ourselves and the sickly branches and leaves are the chronic diseases like diabetes, hypertension, arthritis, digestive disorders, joint pain, back pain or headache, depression, anxiety etc. we must look into the cause. The root cause for these diseases is our life style and pollution. Hence the solution is in changing our life style appropriately and avoid pollution. We must look into the food we are eating, the exercise we are doing or not doing. Examine whether we are getting enough rest and sleep.

Let us examine what we are doing? We try to treat the symptoms. Take a pill or go to our family physician. Western medicine is great for acute care. But the pill to the ill approach is no solution for chronic diseases. The issue is well explained by Dr Mimi Garneri "Each diagnosis resulted in a prescription for medicine to treat the problem, with physicians not asking the question 'why does this patient have high blood pressure and what can we do to reverse it?' In defense of physicians, this was not a fault of your doctor, but more the fault of the system, which required that a physician sees a minimum number of patients per day for them to operate" "the problem was that medical schools trained doctors in the acute care model, but little to no emphasis was placed on training for prevention" Western medicine is for acute care, but we need a model that really embraces the best of acute care and then how do we prevent disease and get to underlying cause so we can start to reverse the process."

We must take charge of ourselves. Be responsible for our physical and mental health. Adopt a cohesive balance of mind, body, and spirit. Recognized the wisdom and great intelligence flowing through us.

**"Our cells constantly eves drop on our thoughts and being changed by them. Depression plays havoc on our immune system, love boosts it. No line can be drawn between biology and psychology. A remembered stress can release the same flood of destructive hormones as stress itself."**

One of the most amazing aspects of our body is its ability to heal itself. There are about 100 trillion cells, in the human body, and every second that we're alive, these cells work tirelessly to achieve equilibrium, keeping us at—or bringing us back to—a natural balance. When we abuse our bodies or become ill, cells can be damaged or destroyed, sometimes in large quantities.

However, these cells have the ability to heal or replace themselves, all to keep the body functioning at optimal levels.

The solution lies in taking charge of us. We are operating this body and mind without reading the user's manual. We have to become aware of our body and mind. Be aware of the potential of the body to heal itself. Give it a chance. Belief creates biology. As you believe in so you become. "Yad bhavam tad bhavati" The power of intention is so great that we become what we want to be.

There is a way to health, happiness and harmony. There are simple techniques of yoga which enables us develop the will power to change our habits and life style. I adopted the way. As a consequence, though I am 79 years old chronologically, I don't have to consume a single tablet on a regular basis. The magic happens in a support group. The Satsanga.

Come join me in the 10 day workshop. Let us join hands for our own well-being and that of the group.

Registration Link for the Workshop: <https://forms.gle/9mYJsmRzRNxCbmDv7>