



FREE HOLISTIC HEALTH SERVICES & HEALTH- RELATED INITIATIVES

PHYSICAL
MENTAL
EMOTIONAL
SPIRITUAL





THE SPH CONDUCTS INITIATIONS IN THE SCIENCE OF HEALING



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Source: Nithyanandamedia.org

March 28, 2005

The SPH conducts **Healers' Initiation** at Bikram Yoga Center. Revivor of the ancient yoga tradition, The SPH is offering deep insights into the science of Yoga and initiating delegates into spiritual healing.



THE SPH CONDUCTS FREE YOGA CLASSES DURING YOGAM WORLD TOUR

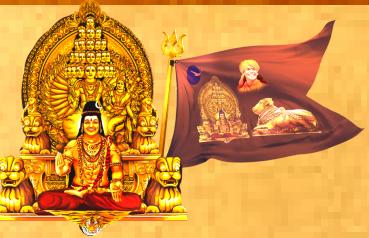


2009 : YOGAM tour Los Angeles

Residents of California welcome The SPH Nithyananda Paramashivam at the beginning of the YOGAM initiative in Los Angeles.



THE SPH CONDUCTS FREE YOGA CLASSES DURING YOGAM WORLD TOUR



2009 : YOGAM World Tour Los Angeles

The SPH Nithyananda Paramashivam guides the residents of California into ancient Hindu yoga techniques for health and wellness.

THE SPH VIRTUALLY CONDUCTS FREE HEALTH & WELLNESS CONFERENCES



Residents of California participate in 2-way teleconferencing
with The SPH Nithyananda Paramashiva.



INTERNATIONAL YOGA DAY



2015-2019: For International Yoga Day, KAILASA San Jose organizes events in various locations including Lake Elizabeth park in Fremont, enriching 1,000+ lives.





INTERNATIONAL YOGA DAY

**KAILASA - Los Angeles NHT
{Nithyanandeshwara
Hindu Temple}**

INTERNATIONAL YOGA DAY IS HERE!

**...IT'S TIME TO
CELEBRATE
THE
ORIGINAL
YOGA!**

**NITHYANANDA YOGA
108 ASANA SEQUENCE
(PRATHAMA VINYASA KRAMA)**

SUNDAY, JUNE 21. @8:00AM PST!

WHERE:
Nithyanandeshwara
Hindu Temple, LA or
Online via Zoom!

REGISTER:
linktr.ee/nhtla

Revealed by
HDH Sri Nithyananda Paramashivam

His Divine Holiness Nithyananda Paramashivam is the reviver of Kailasa - the enlightened civilization, the greatest & only Hindu nation. He is revered, regarded & worshiped as the Living Avatar (incarnation) of superconsciousness by millions. HDH manifests all the best contributions Hinduism offers to the world like science of power manifestation, yoga, temple based lifestyle while being subjected to all the worst persecution Hinduism faces by the atheist & casteist terrorists, because of His scientific, progressive, pragmatic human rights conscious approach towards life & gender equality stand. HDH is the 293rd Guru Mahasannidhanam (Pontiff) of the oldest Shaiva Aadheenam (temple monastery complex) - Madurai Aadheenam; He is the founder of the largest Shaiva Aadheenam - Bengaluru Aadheenam; He is declared as the Acharya Mahamandaleshwar (spiritual head) of Atal Akhada & Mahanirvani Peetha. HDH is the founder of Nithyananda Hindu University - world's largest Hindu University

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For International Yoga Day, June 21, KAILASA Los Angeles organizes events in various locations including at the Headquarters and online.

RESULTS NOT GUARANTEED INDIVIDUAL RESULTS VARY

KAILASA LOS ANGELES



HEALTH & WELLNESS CONFERENCES

- Free **Kalpataru programs**, facilitating people to manifest their desires, empowering 5,000+ lives.
- **Spiritual Healing and Yoga** for Arthritis, Tension, Hypertension, Depression, and Anxiety Relief as well as Weight Loss, Memory Enhancement, Healing Skin Problems and other various mental and physical illnesses, enriching 4500+ lives.
- Free classes on creating **wealth**, attracting fortune, creating loving relationships, and parenting classes - enriching close to 3,000 lives.
- 2010-2021: Free meditation programs for **stress-relief and life solutions** hosted for participants in the Bay Area, Fremont, Milpitas, Saratoga, Livermore etc., enriching 10,000+ lives.
- Free meditation classes on Facebook and other social media platforms transforming 2000+ lives.



HEALTH & WELLNESS CONFERENCES



Free classes for **healing the seven chakras** (energy centers in the body) through **Nithya Dhyan Yoga** initiative to heal emotional or psychological pain, **enriching 3,000+ lives.**



HEALTH & WELLNESS CONFERENCES



Free weekly **Nithya Kriya** (Yoga + Breathing exercises) initiatives conducted at KAILASA San Jose, including in various libraries in the Bay Area and online.





HEALTH & WELLNESS CONFERENCES

2010 onwards: Free eN-Kriya sessions, a meditative process aimed at individual transformation that leads to increased consciousness, enriching **12,000+ lives.**



Daily Free **Yoga sessions** conducted online and physically, in various centers for the Milpitas / Bay Area community, enriching **50,000+ lives.**



HEALTH & WELLNESS CONFERENCES MANDALA MEDITATION SESSIONS



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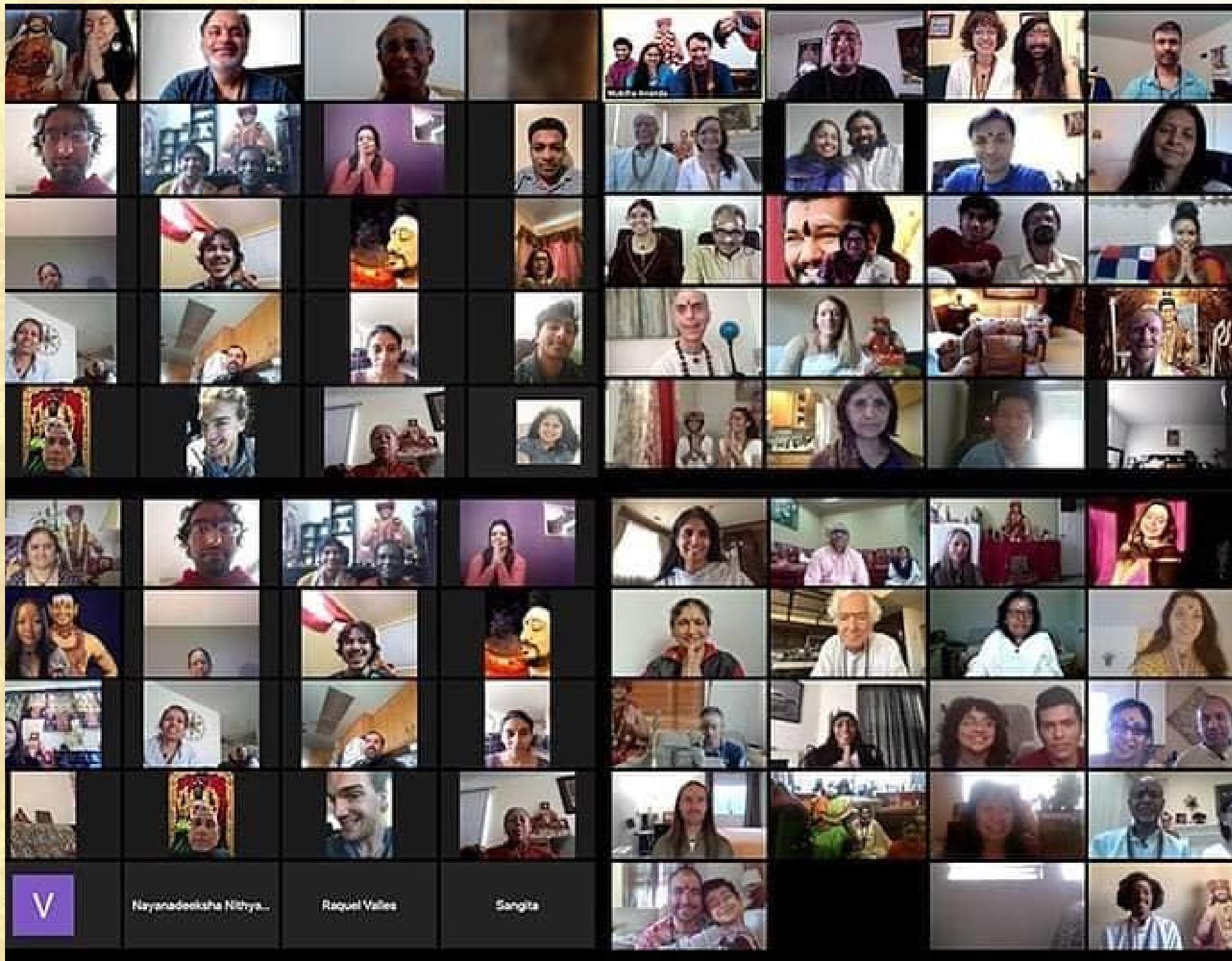
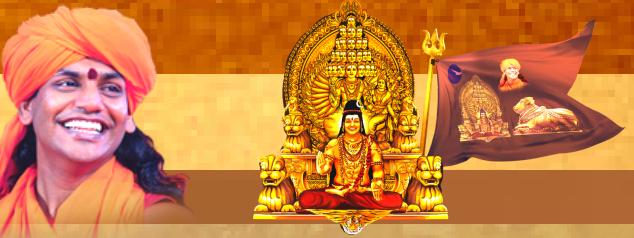
KAILASA SAN JOSE



HEALTH & WELLNESS CONFERENCES CONDUCTED FOR MEDICAL PROFESSIONALS



VIRUTAL MEDITATION SESSIONS TO ENABLE COMMUNITY MEMBERS TO BENEFIT FROM THE SAFETY OF THEIR HOMES



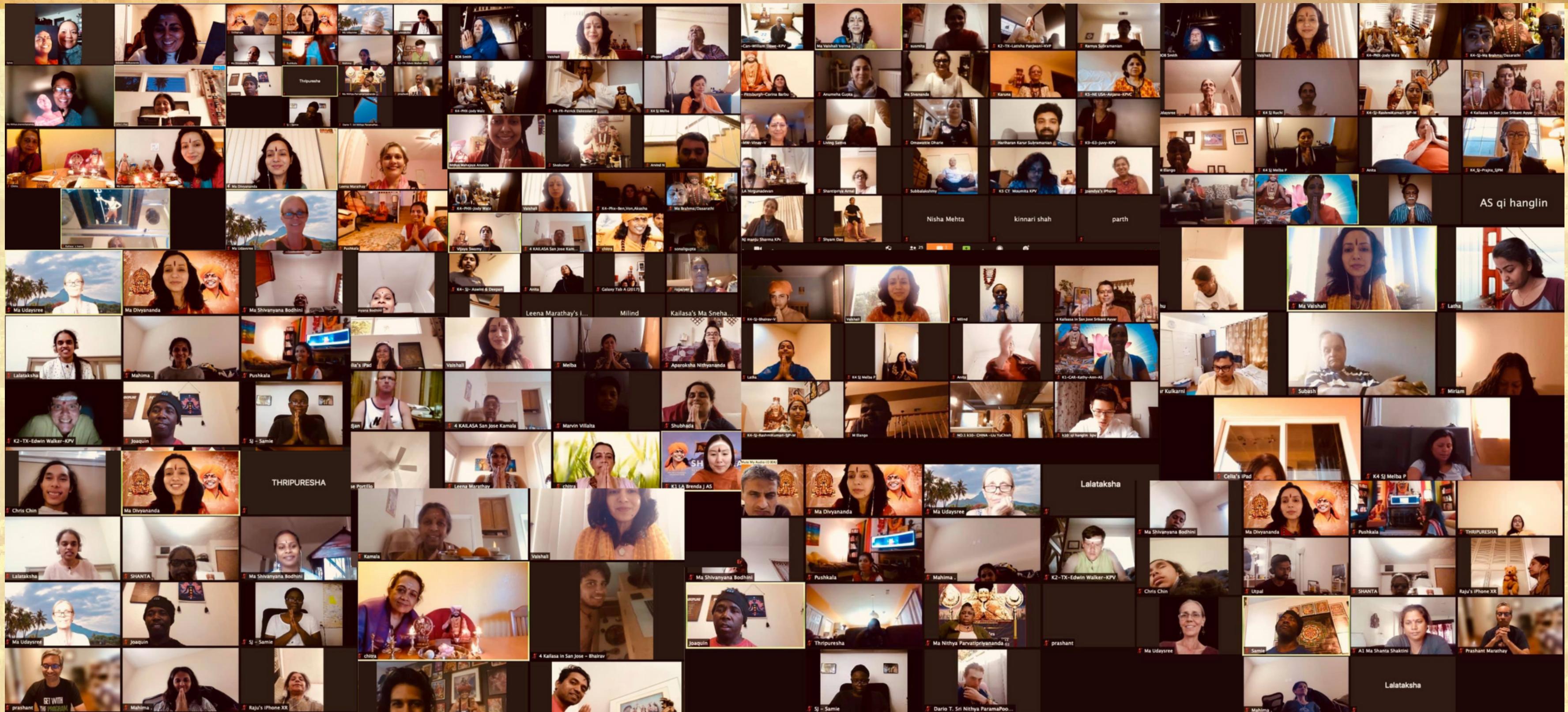
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KAILASA LOS ANGELES



VIRUTAL MEDITATION SESSIONS TO ENABLE COMMUNITY MEMBERS TO BENEFIT FROM THE SAFETY OF THEIR HOMES



RESULTS NOT GAURANTEED INDIVIDUAL RESULTS VARY

KAILASA SAN JOSE