



Dear Home Makers and Young Adults

Make use of this Raksana Krama Program to Maintain to Improve and to strengthen your whole constitution.

### TIMINGS

#### BATCH I

Monday, Wednesday, Friday 11 to 12 noon

#### BATCH II

Tuesday, Thursday, Saturday 11 to 12 noon

**YOGA is Intense,  
Incessant and Perfect Action**

- Strict adherence to the timings is requested.
- Regular attendance is solicited.
- Regular practice at home is mandatory.



#### Our Activities :

- Individual Yoga Therapy Classes
- Individual Fitness Classes
- Group Fitness Classes
- Children's Group Classes
- Vedic Chanting - Individual & Group
- Yoga Teacher training Programme
- Advanced Programme for teachers
- Yoga Therapist Training Programme

For Registration and Further Information,  
Please Contact :

**पुष्पा रावेपुस ईश्वर**

*The Viniyoga Healing & Research Centre*

A3, Palson Apartments, 21-C, Arunachalam Road,  
Saligramam, Chennai - 600 093

[www.yogavaidyasala.net](http://www.yogavaidyasala.net)

Email: [drncyvs@gmail.com](mailto:drncyvs@gmail.com)

Contact: 81245 02999 / 98409 48090



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*The Viniyoga Healing & Research Centre*

Centre for higher learning in  
Yoga, Yoga Therapy and Vedanta

**P R E S E N T S**

**RAKSANA KRAMA  
FOR ADULTS**

# RAKSANA KRAMA

## YOGA FOR MAINTENANCE AND ENHANCEMENT OF HEALTH

**Health is the greatest wealth**

**Everyone experiences this truth only when  
it is disturbed by ailments**

- Change is the nature of Nature, including health.
- Never be complacent about Health
- It needs to be protected, maintained and enhanced on a regular basis.



- Any form of exercise is a **MUST** for everyone and everyday.
- Yoga is unique, simple, most effective and wholesome

## LEARN & PRACTICE

### ASANA

*To improve the flexibility of joints and to strengthen the muscles.*

### PRANAYAMA

*To increase the functionality of all physiological systems.*

### DHARANA

*To enhance the ability of the mind to focus and to relax*

### DHYANA

*To potentiate our deeper systems*

### CHANTING

*To enable the practitioner to get linked with the Highest*



- Yoga has a specific, unique and traditional way to protect, maintain and to enhance our health.
- This form of yoga practice is known as 'RAKSANA KRAMA'  
(Raksana means protection )



- To Experience the full potency of your constitution.
- To Enjoy positive and meaningful life
- To Enter into your vocation with full energy.
- To Release all the stress and strain of the day.