



**THERE IS A
CERTAIN SCIENCE
TO EVERYTHING,
INCLUDING YOGA.**

by RVG Kulkarni

**Yoga turns a
complex dead-end...**



**into an absolutely
clear path.**



Science of Yoga

Did we know that 'Hatha Yoga', the eight-fold technique has a scientific base? And that these paths lead us to creation of happy hormones like oxytocin, serotonin and so on?

Would yoga help us navigate this fiercely competitive, ruthless concrete jungle? Would 'Yoga' as a way of life help us find peace while being highly active ?

We try settling our restless minds, but to no avail. We try various experiments to strike the balance but fail again. It's time to stop and turn towards yoga. If we understand the science behind every yogic practice we will have no hesitation to adopt.

Yoga is India's biggest gift to mankind. And it is much more than the typical yoga postures we are exposed to day in and day out.

Yoga is derived from the word 'Yuj' which means union; the union of our soul with the higher spirit. The right practice can give us clarity, help us focus on our duties, and lead us to the missing peace in our puzzled life.

Understanding science behind Ashtanga Yoga is the answer for every issue. Imbibing it in our daily lives will truly elevate our lives leading to happy individuals, society and peaceful world. Come on-board this journey to a new way of life.



**Session Time:
4-6 hours**

**Ideal Audience:
30 to 40 people**

Call +91 93908 57666 for an appointment or
drop an email at kulkarni.rvg999@gmail.com