



Advanced Pranayama with Bandhas (Energy Locks)

This is an advanced form of Pranayama, which is done with the energy locks to vitalize the system of Body and Mind. Pranayama with Bandha becomes very intense practice. It activates and regulates the 'life force' or prana and helps one to cure so many diseases, which are located in the energy centers-chakras. Sahasrara- Brain disorders; Anja_ Migraine & Concentration; Visuddhi- Thyroid problems; Anaghata- Cardiac disease; Manipuraka Gastritis and malnutrition; Swadhishtana- Fibroids, and prostate disorders, M. Iadharma- Constipation, Back pain, hemorrhoids

Samadhi

A process of self-awareness, the practice of meditation is one of the key tools to help harmonize the mind and tap into the potential of higher consciousness. Dhyana Program guides each guest through Pratyahara (withdrawal of the senses from the mind), Dharana (focusing of the mental awareness) and towards the experience of Dhyana (continued meditative awareness). If we are reaching into Samadhi- a state of non-reactive tendency in our life, that will be the key answer to perfect health and happiness. SAT-CHID-ANANDA.

Hatha Yoga

In this Individualized Hatha Yoga session, you will receive attention with dialogue and adjustments specifically tailored for your needs. Each posture has therapeutically effective which will help you to understand the relationships between the body and mind.

Surya-Chandra-Yoga

Morning Yoga as Surya Namaskara (Sun Salutation) and an evening Chandra Namaskara (Moon salutation) direct during the Sunrise and Sun Set is an experience in Ayushgrama. These two highly effective practices focus primarily on rhythm, dynamism, and vitality of the body-mind system.

Kriya Yoga

Kriya yoga along with panchakarma in certain disease is very effective for a proper healing. Kriya Yoga is only administered after proper consultation and if it matches with your ailments. Hatha yogic techniques such as asana (posture), Pranayama (breath control), Mudras (yogic gestures), Bandhas (yogic energy locks) in relation with various other yogic Shatkriyas (cleansing practices), cleanse the physical and mental channels in more subtle ways to attain the state of optimum health and spiritual awakening.