



Discussing R – Twistic yoga Programs for Deputy chief minister Punjab



Meditation for young student at India

INTRODUCTION OF Dr. RISHI DEV & R – Twistic Yoga CONCEPT

Has Introduced “Joy Of Yoga” He Is None Other But The Legendary Yoga Master Shri Rishi Tripathi.

Did His PG & PhD (Regi. Yoga & Stress Management), 2 Years Pg Diploma In Yoga And Naturopathy, completed NDYD In Yoga & Working As Assistant Professor In Yoga & Human Kinetics With VSSD College, CSJM University of Kanpur (U.P.) India

HE IS JUST 36 & HAS IMPROVED SO MANY LIVES WITH HIS MAGICAL HEALING AND LIFE CHANGING CLASSES WITH MEDITATION & YOGA

He Is A Master Like A Door, Through His R – Twistic Yoga Millions Around The Globe have Woken up To The Joy. Has Released Many Vcd And AudioS & Books, Given Shows On Media Channels, Conducting His Camps/ Classes Around The Globe.

HIS SESSIONS ARE BASED ON BODY MIND HARMONY AND:-

**BODY PURIFICATION
MIND PURIFICATION
LIFE PURIFICATION
SPRITUAL PURIFICATION
MOTIVATION
STRESS MANAGEMENT
PERSONAL TRAINING
FITNESS & WELL-BEING**

**MEDITATION
CATHARSIS
HIGH B P
DIABETES
TREATMENT OF DISEASES
ALTERNATIVE THERAPIES
TOUCH HEALING
RECREATION**



After the game over the king and the pawn Goes into the same box

Rishi



For detailed profile & package feel free to contact us

SADHANA YOGA FOUNDATION

VISION- INSIGHT

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**R – Twistic Yoga – Enjoy the totality of being true self with the nasha of dhyana madira
 Yoga Celebration – A New Method of knowing yourself with music, dance, and catharsis – 11 days Camp/ Classes**

Its a 11 days intensive program of 22 sessions, with each session of 2 hour's duration

Body purification Introduction (Sharir shudhhi)	Mind Purification (Manah shudhhi)	Spiritual Purification (Atma Shudhhi)	Benefits (Laabh)
Asana Pranayam Mudra Kriya yoga Recreational activities Stretching/flexibility/strength Diet habits Yogic practices for daily living Weight loss program	Pranayam for peace Catharsis for emotional blockages Kriya's for relaxative mind Relaxation and yoga nidra Laughing and fun Mental load loss De stressing Shiv Kriya	Satsang talks Meditation intensive session Togetherness Light of the self Tratak Prakash kriya Question and answer	Improved Life Work Happiness Change in DailyLiving Better Health Self Confidence Free from (Bad) Habbits video C D Rapid Weight Loss diseases

This program is for all age people and also involves friendship, disease cure, diet habits, daily living style changes, stress management, introspection. Provides an opportunity to reach the depth of within. It's a very innovative and creatively designed program where one also learns to travel from childhood to adulthood- immaturity to maturity.

Personal sessions can be designed according to the requirement of the participants. You can build energy resources to meet life and happiness by tapping the vital force which you learn at our camp.

Modules are accustomed designed To suit the companies need and requirements

For more information or to design a new module

Website : <http://www.syfindia.org>

Email : rishiyoga@gmail.com

Or call at +91 – 8604675751, 8604675752



ATTN: _ **TO WHOM IT MAY CONCERN**

SUBJECT: **REGARDING 11 DAYS** ூ Twistic Yoga, Weight loss, Therapy **& STRESS MANAGEMENT Camp**

Various ailments are caused by only sitting and working in the busy environment of office shall be administered with our **total quality people programs** which are basically based on **Yoga sadhana and Stress Management** and some new kind of **relaxation and recreation**. We offer Packages For Guest & Members, How To Remain Fit & Healthy, Even After A Great Hard Work At Any Age.

Dear Sir,

As we all aware that common men and women works daily for 8 to 10 hrs at a stretch, which may cause them various mental as well as psychological problems, like **stress, anxiety, tension, anger, frustration, lack of enthusiasm and even sometimes depression too**. It also causes physical ailments like:

- | | |
|--------------------------------------|--------------------------|
| 1. SPONDILITIS | 2. ACIDITY |
| 3. UPPER & LOWER BACKACHE | 4. BLOOD PRESSURE |
| 5. ARTHRITIS | 6. DIABETES |
| 7. GOUTE TYPE | 8. ASTHAMA |
| 9. BODY STIFFNESS | 10. SLEEPLESSNESS |
| 11. MIGRAIN | 12. OVER WEIGHT |

With our Modern ூ Twistic Yoga and modern therapies with ancient spiritual heritage to improve body, mind and spirit. It will help to overcome all problems and improve people.

Benefits: -

- **Yoga High- Improve Appetite**
- **Sound Sleep**
- **Rapid weight loss**
- **De stressing with meditation**
- **Asana to improve strength and flexibility**
- **Special attention for problems**
- **Pranayama for healthy living**
- **Therapies and fitness tips.**
- **Body high Fitness**
- **Meditation for Interpersonal relationships and inner potentialities.**
- **helps in thinking process and tranquil mind setup.**
- **Stress management and burn out techniques.**
- **Self-esteem and motivation affects confidence.**
- **Happiness and Yoga for success in work.**

In the above mentioned connection we are looking forward for positive response from your esteemed Group.

Thanking you

Best Regards

For
Sadhana Yoga foundation
www.syfindia.org



Controlling energy and giving relaxation for Participant in a camp at Kanpur (India)



Bhujangasana for strengthen the back



Paschimotanasana for the fitness of back muscles



Teaching in the group classes for youth fitness



Meditation for overall well being



Giving Discourses to Young Students at IIT Kanpur



R - Twistic Yoga International Classes/ camp/ workshop
A Research to generate new energies in body, mind & spirit

Registration form

Date : Receipt No.:
Time : Regi. No.:
Place : Sr. No. :

1. Full Name/नाम :2. Regi. No.3. Age/.....

4. Gender : Female/OR Male 5. Religion /.....6. Married / Unmarried/

7. Occupation/ (Sedentary or Hard Working:

8. How many hours everyday you work

9. Your tensions are:

10. You get irritated by:

11. Your Problems 1.
2.
3.

12. Body type: (A) Fatty/ (B) Fit (C) Lin Thin (D) Very Thin structure (E) V. Fatty

13. Waist Size (in inches):.....

14. Thighs Size : (A) Right Thigh.....(B)Left thigh.....(in inches)

15. Arms Size : (A) Right Arm.....(B)Left Arm.....(in inches)

16. Size Aroun hips:(in inches)

17. Size of neck.....(in inches)

18. Address for Communication:

19. Contact No:1.....2.....

21. E-mail:

22. Smoking, Alchohal or any other addiction if any

23. Hobby 24. Veg/ Or Non Veg.

25. Religious Belief

26. What are the Present Complaints

27. Since How Many days you are Suffering

28. How do you get Relief in your problem :

29. Family members 30. Weight(in K.G.)

31. Height (cms):

32. Highest Educational Qualification

33. Eyes or Spectacles No.

34. Condition of hair

35. How is appetite

36. How is Latrine 1.Tight 2.Loose

3.Colour 1.Yellow/ 2.Black 3.Red 4.General 5. How many times a day 1 Time 2 Times 3 times

More than 3 times

37. Food/When and what

1. Early morning :

2. break fast :

3. Lunch:

4. Evening:

5. Night:

6. While sleeping:

38. Wake up time

39. Any Operation

40. Thirst type

41. Colour of teeth

42. Breathing: Inhale Exhale and retention timings in minutes:

43. (a) Breath Inhalation time Minutes (b) Exhalation timings.....minutes

(c) Internal Retention.....Minutes

(d) External Retention.....Minutes

43. Blood Pressure

44. Pulse rate in a minute

45. How is Your Smell Sense(Nose)

46. How is Your Taste Sense (Tongue)

47. **Sweating/पसीना:** General Too much Less Very Less

48. Any Previous Practice to yoga

49. Meditation if done before if yes than name it

50. Your family doctors name:

51. Time for sleeping in night

52. Time to rise up

53. Parental and matternal disease case history):

54. How amny times you go for urine in a day

55. Water intake in 24 hrs (in liters)/24

56. Blood donation if any time

57. How is your sleep/ Very sound sleep Okey Less sleep Very Less sleep

58. If you drink alchohal please write how many times a week:

Declaration

I hereby declare that I am interested to join **R- Twistic Yoga** classes/ camp for 11 to 15 days
At my own will, I shall be solely responsible for my health and status during the camp.

Signature of the Participant

Signature of the Parents/ Guardian

