

**Yoga camps
for health and
fitness for all
age groups**



Be healthy and fit by
doing Yoga with Dr. Rishi



Guaranteed Results with in 7 days regular yoga classes

Pls visit us at : www.syfyoga.com

Or

Contact us : 91- 512 - 2420135 – 7080266644, 8604675752, 8604675752



Yoga

Body Purification

Mind Purification

Spiritual Purification

health

YOGA

Mind Body Spirit
FESTIVAL

Free
mind

Personal & Group
Therapy
By
Dr. Rishi Tripathi

wellness

Bliss life



Visit us at : www.syfyoga.com & www.drinaliniclasses.com

Email : rishiyoga@gmail.com

Contact : 091 – 512 – 2420135, 7080266644, 8604675752,
8604675751, 8604064644

stretch your hammies & hips

Yoga
high Value

Space is limited - free to members!

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Dr. Rishi Yoga Fit Classes

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8604675752, 8604675751, 8604064644

health

fitness

wellness

Re-discover YOU at
Tranquility Yoga

classes starting at **\$40**



Want an opportunity to stretch and relax, this class will coax your body into opening as we move into some delicious hip openers, forward bends and even some twists.

Beat the Heat



Live Yoga with Dr. Rishi Tripathi



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Vector Illustration
Yoga

Dr. Rishi
Classes

Vector Illustration
Yoga

Vital

Now In Kanpur,
U.P. India

Vector Illustration
Yoga

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Yoga for Flexibility
& Fitness





Love is not our order,
So never pretend to
A love which you do
Not actually feel

Fashi



To live in reality

Sadhana
Yoga

Visit us www.syfyoga.com call us at: 91 : 7080266844, 8604675751,
8604675752, 91 - 512 - 2420135



Sadhana
Yoga
Foundation

Self is like darkness
silence is the light
meditation is the spark

Fashi



IN LOVE YOU GET LIFE
AND IN DEATH ONE
RECEIVES LOVE

Fashi



SADHANA
YOGA
FOUNDATION





Amazing Benefits Of Yoga



Psychologically

- Elevate mood
- Improve concentration, attention, and memory
- Helps lower stress
- Decrease depression and anxiety
- Improve self-acceptance

Even beginners tend to feel less stressed and more relaxed

Lowering levels of hormone neurotransmitters (dopamine, norepinephrine, and epinephrine) creates a feeling of calm

Recently, researchers have begun exploring the effects of yoga on depression, a benefit that may result from yoga's boosting oxygen levels to the brain

Deepening & lengthening your breath stimulates the relaxation response the opposite of the fight-or-flight adrenaline boost of the stress response

Increases the range of motion in joints and may also increase lubrication in the joints

Stretching your muscles releases the lactic acid that builds up with muscle use and causes stiffness, tension, pain, and fatigue

Most standing and sitting poses develop core strength

Lung capacity often improves which in turn can improve sports performance and endurance

With increased flexibility and strength comes better posture



Physically



- Lower blood pressure
- Improve cardiovascular and respiratory efficiency
- Normalizes gastrointestinal function
- Enhance flexibility and joint range of motion
- Improve posture & balance
- Increase energy and endurance levels
- Enhance eye-hand coordination and reaction time
- Boosts immunity
- Promotes better sleep
- Tones and strengthens muscles
- Increases body awareness
- Help reach and maintain a healthy weight

Biochemically



- Decreases glucose and sodium
- Lowers LDL, VLDL and triglycerides cholesterol levels while increasing HDL levels
- Raise lymphocyte and hemoglobin count
- Improve thyroxin levels



A Way to Healthy Living

Astro Yoga

Include for 3 dys : morning Tea
+ Breakfast + Lunch + evening
Tea & Third Day Dinner (All High
Class) & A Kit Yoga + Astro
Membership

20
21
22 May'2016

A 3 Days Workshop

Dr. Aaditya Pandey & Dr. Rishi Tripathi

**Happiness by Stars
and Self Practice**

**Hotel Vijay
International,
Kanpur**

Sadhana Yoga Foundation

|091 – 7080266644 |
|091 – 8604675752 |

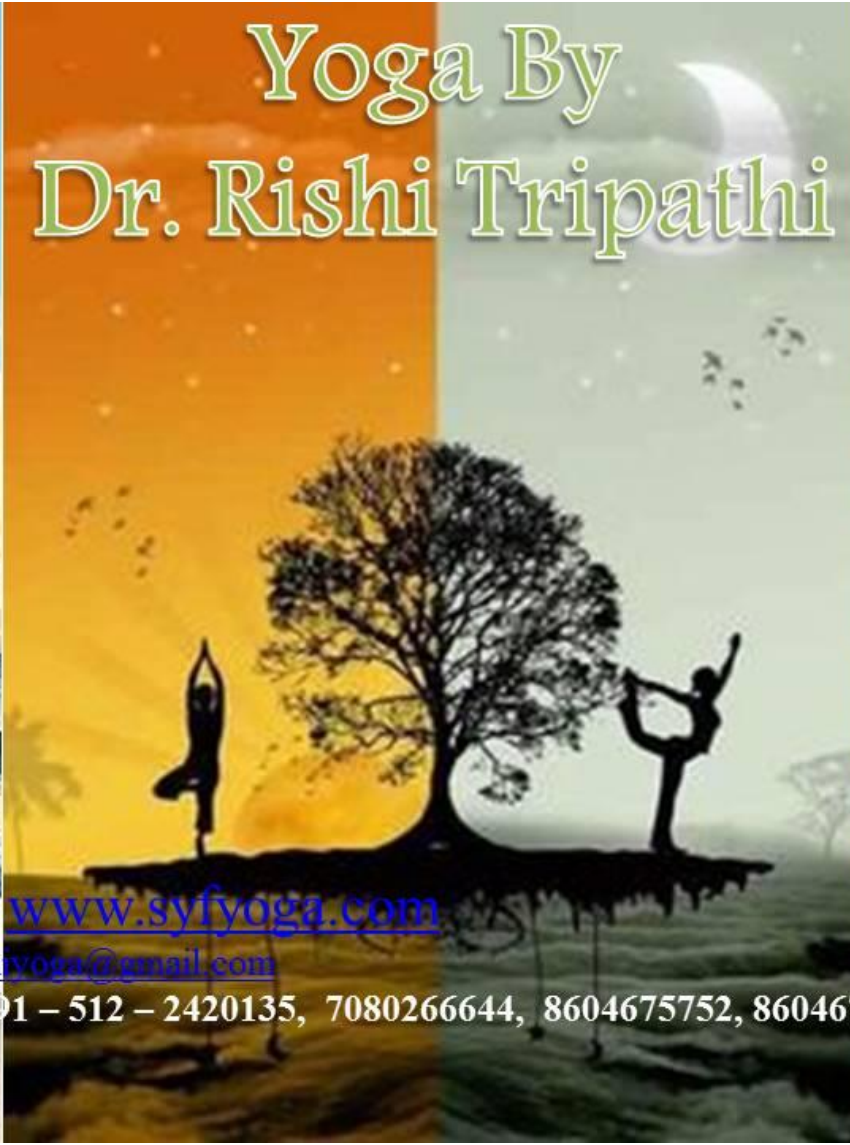
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Please Come with Loose Clothing

Yoga By Dr. Rishi Tripathi

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A Leading International Company Requires Male/ Female Yoga Trainers for India

Package :
200 to 500 INR
Per Session

Cities :

Banglore,
Mumbai, Pune,
Chennai, Delhi
NCR,
Hydrabad,
Lukhnow,
Kanpur, jaipur,
Kolkata, Indoor,
Bhopal

Qualification :

Diploma in Yoga / BPEd /
Certificate in Yoga from a
recognized Institute

Offer:

1. Home Personal training.
2. Corporate workshops.
3. Doctors Clinic.
4. School.
5. Yoga Tour.
6. Prenatal Yoga Training



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info@syfyoga.com

Or

Register at

www.syfyoga.com

**Send your resume along with a latest passport size colour photo,
all testimonial scanned copy , address proof scanned copy**