



Youth wellness and yoga programme



Yoga Samvidaa is a lifestyle yoga and wellness brand for kids, youths and adults. We aim to create better quality life for kids, youths and adults alike by making yoga fun for all around the world.



The program is an interactive experience designed for young adults to enhance mindful awareness. It includes practical yogic techniques to navigate stress, cope with emotions, build resilience, make aligned choices and be more present in life.

“VARṆADHARMA LEADS TO CITTA ŚUDDHI (CALM MIND)”
-DHYANA MALIKA verse 11

When your actions are in line with your Svabhava/true nature, it leads to a calm and clear mind. Yoga is a great tool to reflect, analyze, question & introspect to understand your true nature and make better life decisions. The mind is calm when you have an intrinsic affinity towards your decisions.



Benefits of the programme



Create compassionate & strong young adults and leaders



Tap into their fullest potential to achieve professional & personal greatness



Help cope with challenges in life & achieve clarity of thoughts



Help navigate through mental health issues and identity crisis



Social life & career management



Soothe anxiety, agitation & frustration & reduce stress



Build discipline



Better performance & increased productivity



Improved physical health-digestion, sleep, flexibility & strength

UPĀYA/TOOLS:

Asana Practices with Breath Synchronization & Various Types of Pranayama

Asana Practices with Breath Synchronization:

- Asanas refer to physical postures and movements in yoga. When combined with breath synchronization or controlled breathing techniques, they become a powerful tool for promoting physical fitness, flexibility, and relaxation.
- Asana practices with breath synchronization involve coordinating specific movements or poses with deep, rhythmic breathing patterns.
- This combination helps to calm the mind, improve focus and concentration, and enhances the mind-body connection.
- By incorporating breath synchronization into asanas, youth can experience the holistic benefits of yoga, including stress reduction, improved body awareness, and a greater sense of well-being.

Pranayama :

- This combination helps to calm the mind, improve focus and concentration, and enhances the mind-body connection.
- Incorporating various types of pranayama in yoga practice helps youth to learn how to regulate their breath, enhance lung capacity, and improve overall respiratory health.
- Pranayama techniques also have a calming effect on the nervous system, reducing anxiety and promoting mental clarity.

Overall, asana practices with breath synchronization and various types of pranayama provide youth with powerful tools to manage stress, enhance physical well-being, and cultivate a deeper mind-body connection. These practices promote overall health and can be especially beneficial for youth in improving focus, concentration, and achieving mindfulness in their daily lives.



About the Founder and Yogi - Dr Arathi

With over a decade of experience and in-depth knowledge, **Dr Arathi L V** is a Yoga Therapist well trained in the yogic principles of Krishnamacharya. **Dr Arathi** was associated with Krishnamacharya Yoga Mandiram for almost a decade



Dr. Arathi

Dr Arathi's qualifications :

- ☪ **PhD in Yogic Tradition of Krishnamacharya**
(Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya)
- ☪ **Yoga Therapist Training Certification**
(Krishnamacharya Yoga Mandiram)
- ☪ **Healing Chant Teacher Training Certificate**
(Krishnamacharya Yoga Mandiram)
- ☪ **Post Graduate Diploma in Yoga**
(Krishnamacharya Yoga Mandiram)
- ☪ **Masters of Science in Yoga Therapy**
(TamilNadu Physical Education and Sports University)
- ☪ **Masters of Arts in Philosophy and Religion**
(Madurai Kamaraj University)
- ☪ **Bachelor of Science in Nutrition and Dietetics**
(University of Madras)





YOGA
SAMVIDAA

“Yoga is a light,
which once lit
will never dim.”



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