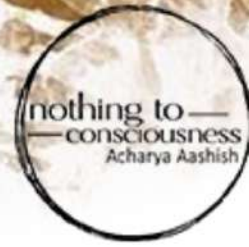




Acharya Aashish Ways®  
Meditation-Truth



*Online*  
YOGA



# YOGA

## 1 POWER YOGA

Power yoga helps in building strength and improving endurance along with cardio workouts. This intense yoga practice is fast-paced and focuses on vigorous physical exercises to burn calories. It involves a sequential flow of several asanas to ensure the movement of every body part. Power yoga has been attributed to “gym yoga” by many. Unlike regular yoga, power yoga incorporates intense yoga poses without any intervals.

Our power yoga has been designed to improve flexibility and strengthen the heart and lungs. It effectively delivers multiple health benefits such as controlling blood sugar levels, improving brain function, and promoting sleep. The posture helps in boosting energy levels and enhancing stamina. With the rigorous exercises in power yoga, the blood circulation is enhanced thereby boosting the metabolism rate of the body. It not only keeps you fit but also helps in losing weight. It helps in purifying the body by releasing toxins through sweat.

Power yoga intense workout is a great way to release mental stress. Incorporating the athleticism of Asthanga yoga, power yoga aims at strengthening your body and burning calories similar to the exercises practiced in the gym.

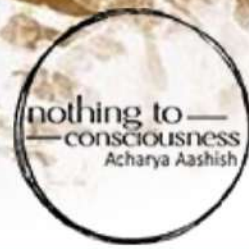


## 2 YOGA FOR HOUSEWIVES

Housewives get in the habit of unhealthy eating and irregular meals owing to their multiple duties and household chores. This leads to several health issues such as obesity, PCOD, hypertension, breast cancer. Yoga serves as a body and mind cleanser for housewives. It is an effective way to combat hormonal, physical and mental changes to ensure their overall well-being.

Our yoga for housewives is designed to help women tackle physical and emotional stress. It strengthens their bones and muscles while restoring balance in hormones. It helps housewives to boost their energy levels by activating the energy chakra of their body. The blood circulation is improved through this yoga ensuring an optimal supply of oxygen to the body. It also helps housewives to prevent constipation, flatulence and bloating in their regular life. With the regular practice of yoga, housewives can reduce menstrual cramps and maintain regular menstrual cycle. It helps in managing PMS such as irritability, insomnia, depression, headaches. It also helps them to lose the extra fat or weight gained due to childbirth.

Yoga for housewives improves their emotional well-being. It helps in reducing stress and anxiety. Yoga helps in regulating blood pressure, reducing cholesterol and keeping blood sugar in check. It also helps in strengthening the immune system to fight diseases.



### 3 YOGA FOR YOUNG PROFESSIONALS

Young professionals usually have a sedentary lifestyle. Most young people spend time at the office and the rest of the time on their mobiles. They also have unhealthy eating and sleeping habits leading to several health problems. Our yoga for young professionals helps them to enhance their physical health without moving their busy schedules. It also helps them to break the monotony and revive motivation in their work life.

Young professionals usually focus on their careers neglecting their health. Our yoga for young professionals is designed to incorporate the habit of practising yoga into their lifestyle. With stretching and light yoga asanas young professionals can build strength and improve concentration, It also tones their muscles and provides energy to lead an active life. It also refreshes the mind and helps in stress management.

Our yoga for young professionals provides them a healthy lifestyle. It keeps them fit, physically and mentally. It improves their immunity thereby preventing them from falling sick often. It brings discipline to their lives and helps them to learn time management. Yoga also helps in reducing anxiety and combatting depression. It also helps in regulating blood pressure, blood sugar, and cholesterol, and reducing back and body pain due to continuously sitting on office chair which are common problems in young professionals.



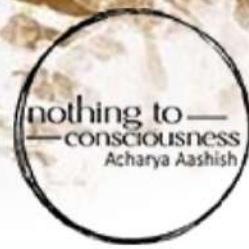
## 4 YOGA FOR MENOPAUSE

It is a well-known fact that Menopause brings physical discomfort as well as emotional stress. When the body undergoes menopause, it experiences body changes such as muscle loss, fatigue, degenerative joints, on the other hand, the hormonal changes bring anxiety, mood swings and the mind may feel foggy. Yoga is a natural way to uplift the body and mind, with regular stretching and gentle movement exercises, yoga for menopause can positively impact the digestive and nervous systems of the body aiding menopausal symptoms, hormonal imbalance during menopause is also managed to a large extent with menopause yoga.

The postures of yoga for menopause help in stretching the muscles to build strength and restore flexibility. Our yoga for menopause is designed to help women deal with physical and mental changes, while it strengthens legs, backs, and arms, it also helps in restoring mental peace and fighting depression.

Yoga for menopause improves balance and body posture. It also helps in regulating bowel movements. Not just bones and muscles, it helps in improving the health of joints and ligaments.

It relaxes the body and helps in relieving pain and stress. Our menopause yoga promotes digestion and calms the brain to prevent and cure mild depression. This enables women to combat emotional turmoil while releasing fatigue from their bodies.



## 5 YOGA FOR PREGNANT WOMAN

Prenatal yoga is specially designed for the expecting mothers to help maintain physical, mental and spiritual harmony. It reduces pain and labour anxiety by calming the nervous system and toning the body to prepare it for the birthing process. It is recommended as it forges a connection between the mother and her child.

Pregnant women experience physical discomfort throughout their pregnancy. Every woman comes across different symptoms such as morning sickness, constipation, swollen ankles, leg cramps, a few easy asanas can ease these symptoms and prepare their bodies for delivery. Our yoga for pregnant women helps in relieving the tension in the cervix to open up the pelvic region for delivery. It also helps in faster recovery after childbirth by gaining strength and overcoming weakness

Prenatal Yoga prepares the mother for childbirth. It is all about practicing stretching exercises, focused breathing and general wellness, our prenatal yoga sessions help manage pregnancy symptoms such as lower back pain, nausea, headache, morning sickness, swollen ankles. As it is common for new mothers to experience anxiety and stress thinking about the new life with the baby and about the process of birthing and about the post-delivery period in such difficult times a few minutes of daily pre natal yoga sessions helps in relaxing their minds and reduces stress and anxiety.

Our prenatal yoga sessions help build endurance for childbirth and strengthen the mother physically to handle labour pain. All the postures in this type of yoga are less strenuous and involve gentle movement of the body keeping in mind the increase in body weight with times These



exercises help pregnant women to boost blood circulation and regulate blood pressure. Regular practice of prenatal yoga can release negative emotions, manage mood swings and improve sleep quality which is the most effective natural way to beat stress and pain. Some researchers have shown that prenatal yoga has helped in reducing health risk for the mother and baby in case of pregnancy complications.

Pregnant women can gain strength and flexibility by regularly practicing yoga. It is a great way for women to watch their emotions, release negative emotions. With yogic breathing exercises, pregnant women can improve their cardiovascular health and maintain their blood pressure levels.

The postures or asanas included in our yoga sessions also helps them to maintain body temperature and enhance oxygen supply thereby promoting the baby's growth. Yoga for pregnant women is the most effective ancient natural way of keeping women active, healthy, and smiling during pregnancy.

If you are happy and healthy so will be your child !



## 6 YOGA FOR WEIGHT LOSS

Yoga serves as the traditional age-old practice that can help in losing weight. The asanas in yoga not only help in losing weight through physical exercise but it also improves mental development to positively impact the body, to strengthen your mind to eat well-managed controlled food. Weight loss yoga is a scientific exercise method that helps in burning calories while strengthening the body.

Weight Loss yoga is strategized to eliminate toxins and excess fat in the body. Our weight loss yoga includes different postures that help in reducing fat from the thighs, arms, legs, back, and abdomen. It promotes blood circulation throughout the body thereby boosting the metabolism, it helps in keeping you fit while reducing your weight, with the stretching of the body, weight loss yoga helps in toning the muscles, improving body balance, it also strengthens the core of your body to build stamina and all-day freshness while you are on a crash diet and other modern-day fast-moving fitness programs.

Our weight loss yoga is designed to remove stubborn body fat, including abdominal fat. Moreover, it helps in improving appetite and sleep. It also improves digestion and respiratory systems. Not to be mistaken, it does not aim for spot fat reduction. With regular practice of these yoga asanas, one can lose excess fat while perfectly maintaining the toning of body muscles to achieve the desired figure and shape. Yoga weight-reduction asanas are an effective way to maintain overall well-being and fitness while the body loses its weight.





## 7 YOGA FOR SENIOR CITIZENS

As we age, our body's functioning and regenerative capacity deteriorate, which leads to various health ailments, body aches, reduced immunity, and illness. Our senior citizens' yoga helps improve body balance, flexibility and helps to recover lost energy, our yoga program for senior citizens involves light asanas, gentle stretching and breathing exercises to help aging people gain flexibility and restore balance, it also involves different asanas that strengthen the body and bring mental peace. The postures also help in improving blood circulation and preventing slouching. It also promotes sleep and reduces stress levels giving senior citizens a new boost of energy. These yoga postures also improve the flexibility of the spine and reduce the stiffness of muscles and joints.

Our senior citizen yoga promotes blood flow that helps the body access optimum amounts of oxygen. It also helps in regulating blood pressure, and digestion which is a common problem among senior citizens.



## 8 YOGA FOR KIDS

Yoga is an effective way to shape a kid's physical and mental growth. The regular practice of yoga helps kids in their growing age to handle physical and emotional changes. It helps in building endurance while ensuring the overall well-being of the body and mind. Our yoga for kids helps in improving balance as well as concentration.

The postures help in strengthening the muscle and bones during their growing age. Our kid's yoga helps improve the flexibility of the body. It also teaches them discipline and improves their focus and memory. It is an effective way to boost the energy level of kids. Self-esteem and confidence are built early in kids and yoga serve as the building block to these two important aspects of a kid's character.

Our kid's yoga has been designed to support and empower kids' emotional growth while strengthening their bodies from within. It helps kids to gain confidence, instil discipline in their lives and grow a habit of practising yoga that can help them in the long run. With the right guidance, the kids can bloom like beautiful flowers. Yoga is the best way to build and strengthen a kid's body-mind connection and coordination.

# NOTHING TO CONSCIOUSNESS

'Nothing to Consciousness' has two meanings. Firstly, it means that you are doing nothing about meditation. All are at 'sleep' and no one is in awareness. This 'Nothing' needs to be changed. Here, we bring you from nothing to consciousness by teaching you meditation. With meditation, your life takes a great leap. There will be a dynamic change as you will go from 'nothingness' to 'consciousness,' the ultimate trance of life.

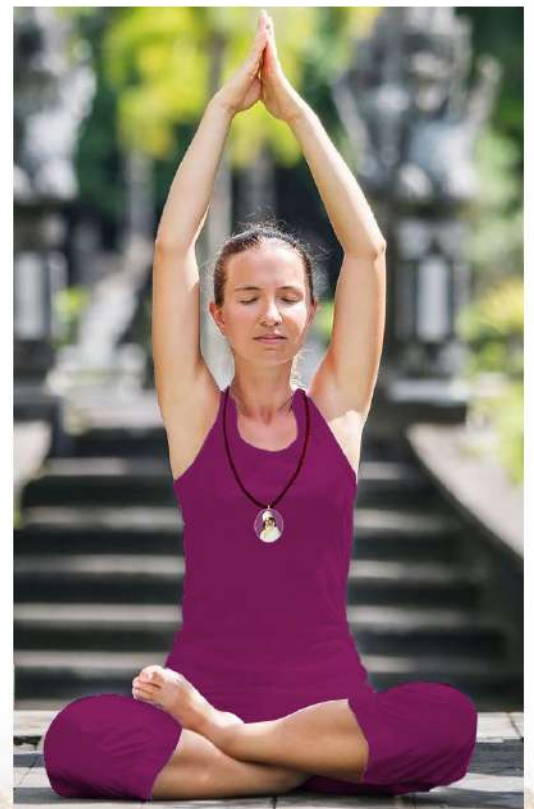
Secondly, meditation gives you a glimpse of 'nothingness,' the zero-ness. With constant meditation, we will give you the experience of this 'Nothing' as we take you from this nothingness to Super Consciousness.

Take this leap, add meditation to your life and see how things turn around for you.

Meditation- the only way for Spiritual and Materialistic growth

## BENEFITS OF MEDITATION

- It is not a magic but, definitely magical
- Brings acceptance in life
- Brings calmness
- Removes enmity
- Removes anger
- Brings stability
- Brings contentment
- Attracts wealth
- Removes stress
- Adds happiness to life
- Brings enlightenment with regular meditation
- Experience Meditation- Nothing Like Meditatio





## TIME TABLE ONLINE YOGA

### **Monday**

6.30 pm to 7.15 pm Yoga

### **Tuesday**

6.30 pm to 7.15 pm Yoga

### **Wednesday**

6.30 pm to 7.15 pm Yoga

### **Thursday**

6.30 pm to 7.15 pm Yoga

### **Friday**

6.30 pm to 7.15 pm Yoga

### **Saturday**

10.30 am to 11.15 am Yoga

11.30 am to 12.15 pm Yoga

12.30 pm to 1.15 pm Yoga

6.30 pm to 7.15 pm Yoga

### **Sunday**

10.30 am to 11.15 am Yoga

11.30 am to 12.15 pm Yoga

12.30 pm to 1.15 pm Yoga

6.30 pm to 7.15 pm Yoga

**₹1499/- Only For 20 Sessions**



# **BHAGWAN**

## **NITYANAND MOVEMENT FOUNDATION**

Bhagwan Nityanand Movement is a revolution, an epicenter committed to spread the fragrance of Meditation, Peace & Silence Committed to teach Meditation and spreading Bliss and Joy by evolving people through Dynamic Meditation and through Transcendental Meditation, by Kirtan by Satsang and by bonding people together through Seva of Bhagwan Nityanand and by spreading the joy of Bal Bhojan of Feeding the Poor Children, Bhagwan Nityanand Movement Foundation is working towards bringing in peace and bliss.

Bhagwan Nityanand Movement is an inward spiritual journey by which you can enter the inner deep realm of silence, peace and acceptance. It is an ultimate and complete phenomenon for the seekers of truth where you realize your own self with the blessings and Shakti Path of Bhagwan Nityanand.

Bhagwan Nityanand is the Supreme God the perfect Incarnation of Lord Vishnu, Acharya Aashish says "Bhagwan Nityanand is the creator of all creators, the Lord of the Lords, He is Anantkoti Brahamand Nayak meaning the creator all that is there, the creator of all the Galaxy's, the Multiverse, of all the existence".

Bhagwan Nityanand Bhagwan Nityanand visited this planet in 1897 and left his body in 1961. The Samadhi and Adobe of Bhagwan Nityanand is located in Ganeshpuri about 56 km from Mumbai Maharashtra, close to Virar, Ganeshpuri has famous Natural Hot Water Springs and centuries old Shiva temple known as Bhimeshwar Mahadev Mandir, Ganeshpuri also has Bhadrakali Temple, Krishna Temple and Gaondevi temple which has divine presence of Durga Mata, Ganeshpuri is located 3 km from famous Mata Vajreshwari temple.

Bhagwan Nityanand Movement Foundation is a nonprofit registered inspired Trust and a Charitable Organization committed to serving people through Meditation, Prayer Healing and Wellness.



Acharya Aashish Ways®  
Meditation-Truth

**Meditation Center at Goa**  
Harmal,  
Madhlawada, Arambol,  
Goa 400 104.

**Meditation Center at Goregoan West**

A 1-7 Indrayudh Society,  
Near Rosary Church,  
M G Road, Goregaon West,  
Mumbai 400 104.

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