

SSY - SIDDHA SAMADHI YOGA BASIC COURSE

PRANIC BREATHING, MEDITATION & RAW FOOD for your wellness!

10-day Course @ \$350 only

FREE PREVIEW: 2-3 (sat-sun) JULY; 6-8PM

- get rid of your high BP, diabetes, stress, anxiety, migraine, excess fat and be Healthy !
- a programme for the entire family
- **Natural Wholesome DINNER will be served every day**

by Rajesh Guruji

Venue : Om Vedic Heritage Centre

43 Tessensohn Road

Singapore 217661; tel: 6297 2670 hp: 93859520

Course Start date : 4th July '11 (Monday)

End date : 13th July '11 (Wednesday)

Time : 7- 9.30pm (inclusive of 1 full day)

To Register : email: om@omvedicheritage.com.sg

SSY - Siddha Samadhi Yoga Basic Course

- a Time-tested tool for Stress Management.

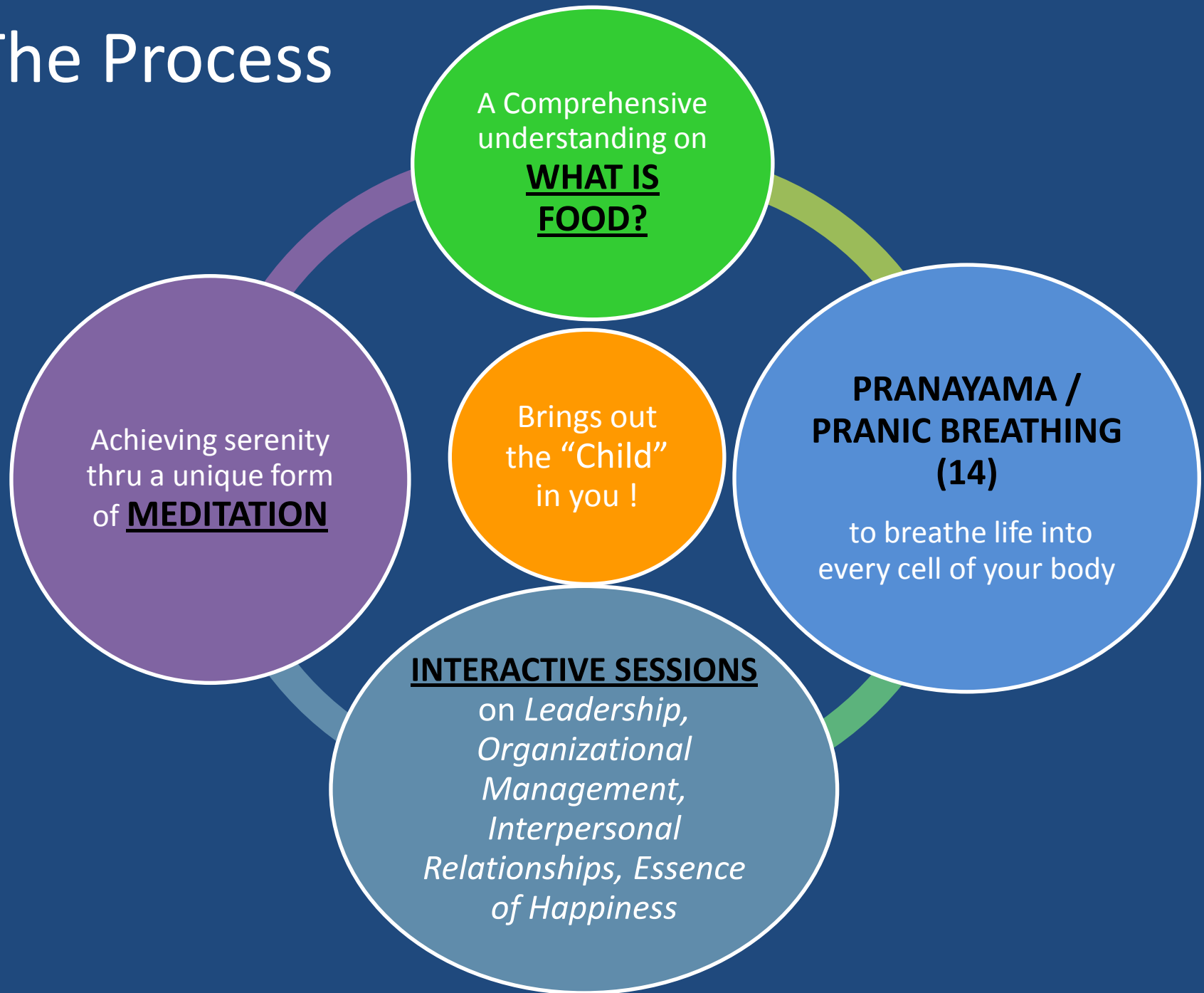
A simple, systematic, and a scientifically designed training program discovered and developed by the world known Guru - **Yog Brahmarshi Shri Rishi Prabhakarji**

INVOLVES: Pranayama - Pranic breathing (life-energy) exercises, **Samadhi Meditation, Brahmopadesham** – process of merging in the universal self, awareness of **SATVIK food** habits and **exploring natural principles of joyful living!**

Special Note:

- SSY-Basic is an intensive training program. Attendance and active participation in all sessions is mandatory.
- The class size is intentionally kept limited for the instructor to give personal attention to each participant.
- food & juices freshly prepared by dedicated volunteers will be served every day

The Process



Highlights of SSY

- **Universal** program, for the whole family
- Works best if **couples** attend together
- **Integratable** to your present lifestyle, in terms of time and habits – 30 minutes for Pranayam and 15 minutes for Meditation
- **Instant Results** – participants will achieve dramatic changes in a matter of days

The Experiences...

Participant	Before	After
Anil Kumar, 36 Yrs Year 2010 Batch Dubai	Fasting Blood Sugar – 220 Blood Pressure – 180 / 120 80 units of Insulin for 6 years BP Medication	Fasting Blood Sugar – 100 Blood Pressure – 120 / 80
<i>For the first time in my life I am able enjoy the taste of Laddus !!!</i>		
Manjunath Hegde, 50 Yrs Year 2004 batch DUBAI	Type 2 diabetes Cholesterol – 460 Triglyceride – 460 Hyper thyroidism	Fasting Blood Sugar – 91 No medicine for the last 5 years, readings are 100% under control
<i>I am thankful to Shri Rajesh Gururji for giving me a new lease of life that is truly stress-free and happy !!!</i>		
Ravikumar 41 Yrs Year 2005 (Dubai) & 2010 (Singapore) batch	Allergic to Cold items from Childhood & suffer very often with Cold & Cough Get angry very often & Stressed out	Now under Control No medicine only Pranayama every day Cooled down a lot & Less Stress
<i>After few decades I am able enjoy the Ice Creams or any Cold Food !!</i>		