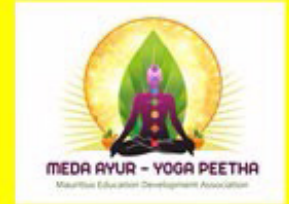


AYURVEDA & YOGA FREE AWARENESS WORKSHOP

By Specialist / PhD Gyaneshwarsing Guddoye

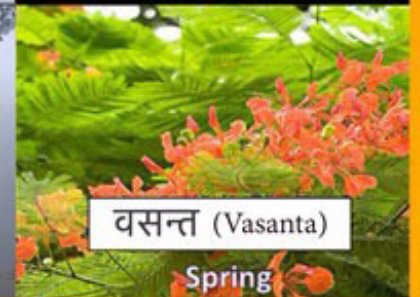
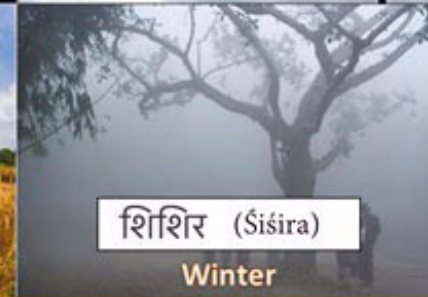


Method 4: Ritu

(6 Seasons)

Benefits:

You learn a natural way not to get sick during seasonal change or avoid vaccination



Address : Shivala (Kovil) Lane, Grand-Bay, Mauritius | Website: medaayuryoga.com |

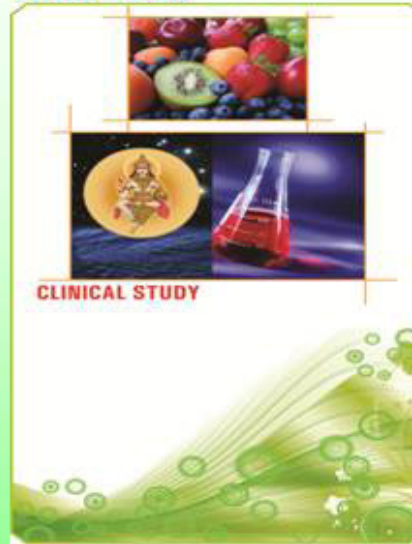
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METHOD



METHOD 4

Method



KALA (RITUCHARYA)- SEASONS

- 
- 1)
HEMANTA
(WINTER)
 - 2)
SHISHIRA
(SNOW)



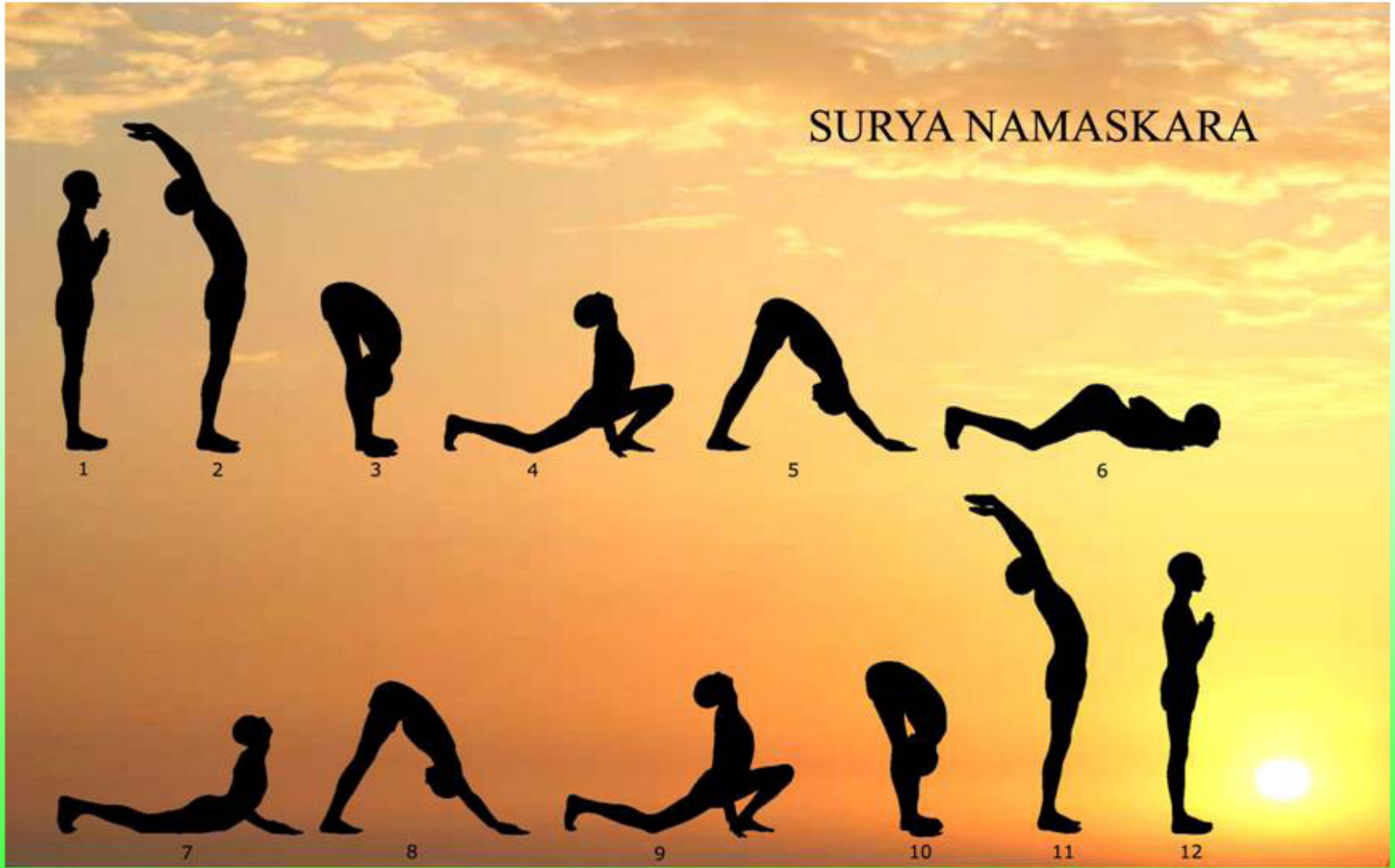








SURYA NAMASKARA



Ayurveda & Yoga Scientific Awareness Programme

सूर्यनमस्कार (Sun Salutation)



MEDA AYUR - YOGA PEETHA



Daily Surya Namakar practice with Sattvic (Pure) diet & 15 minutes Dhyana (meditation) will keep you physically mentally, spiritually & socially fit (wellbeing)

आदित्यवन्द्यं नमस्कृतवान् ये कुर्वन्ति दिने दिने । आयुः प्रज्ञा बलं वीर्यं तेजस्तेषां च जायते । ।
That Person who daily practices Surya Namakara will benefit Ayu (longevity), Prajna (wisdom), Bala (strength), Vira (potency) and Teja (glowness)



॥ सूर्यनमस्कार मंत्र ॥

ॐ नमो भगवते वासुदेवाय ।

- ॐ नमोऽस्तु ते सूर्याय ।
- ॐ नमोऽस्तु ते वायुने ।
- ॐ नमोऽस्तु ते अग्ने ।
- ॐ नमोऽस्तु ते अश्विने ।
- ॐ नमोऽस्तु ते कुबेरने ।
- ॐ नमोऽस्तु ते इन्द्राय ।
- ॐ नमोऽस्तु ते शंकराय ।
- ॐ नमोऽस्तु ते शशिने ।
- ॐ नमोऽस्तु ते धर्मराज्ये ।
- ॐ नमोऽस्तु ते सूर्य्यभ्युदये ।
- ॐ नमोऽस्तु ते सूर्य्यभ्युदये ।
- ॐ नमोऽस्तु ते सूर्य्यभ्युदये ।

ॐ नमोऽस्तु ते सूर्य्यभ्युदये ।

2014 June	July	August	September	October	November
December	January	February	March	April	May

SHIVALA - KOVIL LANE, GRAND - BAY, MAURITIUS Tel./ Fax : (00230) 263 8115 Mob.: 00230 - 7790207
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Ayurveda & Yoga Scientific Awareness Programme

(for your wellbeing)



MEDA AYUR - YOGA PEETHA



My body is my Temple & the Soul is my god symbol which reside into it.

- Padmasana
- Urdha Padmasana
- Janu Shirshasana
- Padma Pawanasana
- Padma Bhujangasana
- Baddhi Padmasana
- Kaivaryasana
- Ashwa Sanchasana
- Modi Bandhasana
- Bahucharyasana
- Mayurasana
- Padma Mayurasana
- Prithwasana
- Dhanurasana
- Ardha Bhujangasana
- Bala Dyanasana
- Dehastothangasana
- Padma Pawanasana
- Ardha Bhujangasana
- Maralandasana
- Bala Kati
- Gorakhasana
- Anahata Nilasana
- Drut Halasana 1
- Drut Halasana 2
- Nyasa padmasana
- Urdha Janu Shirshasana
- Indra Pawanasana
- Chakrasana
- Garbh Padasana
- Mandukasana
- Supta Vajrasana
- Ardha Padma Pawanasana
- Halasana
- Haridra Padasana
- Padmasanchasana 2
- Shirshaasana

**हठस्य प्रथमामत्वादासनं पूर्वमुच्यते ।
कुर्यात्तदासनं स्थैर्यमारोग्यं चांगलाघवम् । ।**

Prior to everything, Asana is spoken of as the first part of Hatha Yoga. Having done Asana one gets (the witness / firmness of) body and mind, due to less stress and

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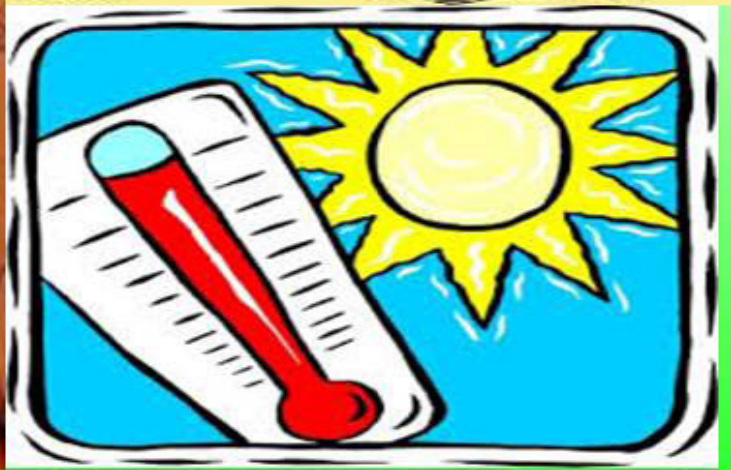
RITUCHARYA (SEASON)



3) VASANTA (SPRING)



















RITUCHARYA (SEASON)

5)
VARSHA
(RAINY)















**VIHARA
(LIFESTYLE)**





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RITUCHARYA (SEASON)

6)
SHARADA
(AUTUMN)





भारतीय गोवंश





GHEE FORMULATIONS

A composite image featuring a cow's head in a circular frame on the left and a glass jar of ghee with a spoon on the right. The text "GHEE FORMULATIONS" is positioned above the images. A small green leaf is visible to the left of the text.A glass jar of ghee with a spoon resting inside it. The ghee is a thick, golden liquid. The jar is partially filled, and the spoon is positioned as if it has just been used to scoop some ghee.



Milk based sweet



PANCHAKARMA (SHUDDHI-purification)

1) Virechana (purgation) 2) Raktamokshana (blood letting)

