



ॐ नमो की रत्नगाय की पार्वतियाय नमः

ॐ नमो की शृङ्खल दण्ड की परब्रह्मण्य नमः

ॐ नमो की देवी श्वाश की परब्रह्मण्य नमः



YOGA LIFE

ॐ मित्राय नमः!

ॐ रवये नमः!

ॐ सूर्याय नमः!

ॐ भ्रानवे नमः!

ॐ खगाय नमः!

ॐ पूष्णे नमः!

ॐ हिरण्यगर्भाय नमः!

ॐ मरीचये नमः!

ॐ आदित्याय नमः!

ॐ शक्तिने नमः!

ॐ अर्काय नमः!

ॐ आस्कराय नमः!

YOGA & AYURVEDA TREATMENT

YOGACHARYA RISHABH MINHOTRA

(Yog-acharya)



Qualifications-

- 1) Master's in Yoga Science from Uttarakhand Sanskrit University Haridwar (Haridwar).
- 2) International yoga Teacher (Y.T.T.C) U.S.A Yoga alliance completed 200 hrs Training certified Global Yoga teacher
- 3) Foundation course (M.D.N.I.Y)
- 4) Certificate YOGA course 3 months yoga training programme from Delhi University
- 5) ERYT & PHD in Progress

Workshops & Achievements:-

- Awarded Best yoga guru by (A.Y.U.S.H.) Department

Gave session in corporate sectors on Yoga Day
(Jindal steel & Power)
(Minda Corporation LTD)

Experience:-

- Experience of 10 years
- celebrity athlete yoga therapist
- corporate Yoga Acharya
- providing panchakarma Therapies with yoga
- research and work many diseases -
Yogasana

Field of specialisation

Yogic Management for Diabetes
Yogic Management for Migraines
Yogic Management for Arthritis
Yogic Management for Obesity
Yogic Management for Sinusitis
Yoga for Irritable Bowel Syndrome
Yogic Management for Low Back Pain
Yogic Management for Coronary Artery Disease
Yogic Management for Hypertension
Yogic Management for Epilepsy
Yogic Management for Stroke and Paralysis
Yogic Management for Parkinson
Yogic Management for Cervical Spondylosis
Yogic Management for Bronchial Asthma
Yogic Management for Alcohol Dependence
Yogic Management for Anxiety Disorder
Yogic Management for Depression.
Fitness is not about being better than someone else.
It's about being better than you used to be.

- *Yoga asanas & Pranayam
- *Meditation Techniques
- *Yogic Mudra and Bandhas
- *Yoga for kids
- *Yoga for Senior citizens
- *Pre and post natal yoga
- *Yogic cure for feminine health problems
- *Yogic treatment of auto immune issues
- *Yogic cure for lifestyle related health problems
- *Yoga for Weight Loss
- *Yoga for Sexual disorders
- *Yoga for Back pain
- *Yogic cure for age related health problems
- *Stress and Anxiety management
- *Sleep disorder therapy
- *Curative diet plan
- *Accupressure therapy
- *Corporate chair Yoga
- *Corporate Traditional Yoga



**With Sports Minister
ANURAG THAKUR**



**With A.Y.U.S.H. Minister of
(HEALTH & FAMILY WELFARE)
PRATAPRAO JADHAV**



World Yoga Institute



With Swami Ramdev Ji



Speech On Yoga & Ayurveda



**Meet With
Director (A.Y.U.S.H)**



Chair Yoga



**Press Conference
On Yoga & Ayurveda**



World Yoga Institute



**with Sushil Kumar
WORLD CHAMPION**



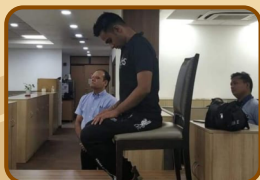
**International Natureropathy Org.
(Press Confrence)**



**With Brij Bhushan Sharan Singh
(Ex. Wrestling President of India)**



**Yoga Session With
Wrestler Virender Singh Gunga Phelwan
World Champion**



Kati Basti

for Lower Back Pain

Kati basti is very much effective in

- ✓ Slip Disc
- ✓ Lumbago Sciatica
- ✓ PVD
- ✓ Spondylitis etc.

The treatment is performed under the Doctor's supervision only



Janu Basti

Ayurvedic Treatment for Knee Pain

- Reduces joint pain
- Improves Flexibility
- Improves Mobility
- Reduces Joint Swelling
- Reduces joint stiffness



Greeva Basti

Greeva Basti is an age-old treatment for acute and chronic neck conditions. In the modern-day, a sedentary lifestyle involving sitting hours in front of computer screens can cause neck pain and other conditions.

Greeva Basti Benefits

- Improves Flexibility
- Improves Blood Circulation
- Softens Rigidity
- Relieve Pain & Stiffness
- Strengthens Muscles



जोड़ो का दर्द व घुटनों का दर्द का सफल इलाज



JANU BASTI

KATI BASTI

When to Take:

- Low back Pain
- Sciatica
- Lumbar spondylitis
- Slip Disc
- PVD

Benefits

- Strengthens lower back muscles
- Increase blood supply for lower back muscles
- Increase flexibility
- Stimulate Nerves
- Relieves pain and Numbness
- Reduce Swerness




The Most Effective Treatment in Relieving Pain & Rejuvenating the Knee Joints




Janu Basti

SHIRODHARA TREATMENT

Shirodhara is one of the best treatment for the compromised nervous system. It helps in controlling blood pressure, mental stress, physical stress, anxiety, fatigue and insomnia etc.

Benefits of

- Improves Mind concentration.
- Nourishes hair and scalp.
- Promotes Better sleep.
- Post-Traumatic Stress Disorder (PTSD) - Shirodhara Oil containing medicinal herbs will deeply heal the nervous system and help ease the symptoms of PTSD.
- Solving Insomnia disorders
- Hypertension - Shirodhara Therapy helps in lowering blood pressure.



YOGASANA

Dhyana

- Yogic Management for Diabetes
- Yogic Management for Migraines
- Yogic Management for Arthritis
- Yogic Management for Obesity
- Yogic Management for Sinusitis
- Yoga for Irritable Bowel Syndrome
- Yogic Management for Low Back Pain
- Yogic Management for Coronary Artery Disease
- Yogic Management for Hypertension
- Yogic Management for Epilepsy
- Yogic Management for Stroke and Paralysis
- Yogic Management for Parkinson
- Yogic Management for Cervical Spondylosis
- Yogic Management for Bronchial Asthma
- Yogic Management for Alcohol Dependence
- Yogic Management for Anxiety Disorder



साइटिका	गठिया	जोड़ो का दर्द
शुगर	क्रोजन शोल्डर	कमर दर्द

जोड़ो का दर्द	साइटिका	स्लिप डिस्क
डिप्रेसन	एलर्जी	थायरॉयड
	माइग्रेन	

स्लिप डिस्क	साइटिका	कमर दर्द
जोड़ो का दर्द	पाइल्स	गठिया
घुटने के दर्द	माइग्रेन	डायबिटीज

डिप्रेसन	अनिद्रा
तनाव	एंजायटी
माइग्रेन	सर्वाइकल

Yogic Management for Depression.

Fitness is not about being better than someone else.

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JOIN BEST YOGA AND TREATMENT SESSIONS AT HOME

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