

**7 – Day Health Camp English & Hindi.  
Experience Yogic Life Style:**

Please register in advance. First day of camp starts at 8.30 a.m.

**Time:** 7.00 a.m. to 7.30 p.m.

**Fees:** Rs. 3000/- (Non residential)  
Rs. 4500/- (Residential)

**Dates for English 7-day Health Camps:**

January	22 - 28	February	26 - 4 Mar
March	26 - 1 Apr	April	23 - 29
May	28 - 3 Jun	June	25 - 1 July
July	23 - 29	August	27 - 2 Sept
September	24 - 30	October	22 - 28
November	26 - 2 Oct.	December	24 - 30

**Dates for Hindi 7-day Health Camps:**

January	8 - 14	March	12 - 18
May	14 - 20	July	9 - 15
September	10 - 16	November	12 - 18

**Health Camps for 2 days:**

9.00 a.m. to 5.00 p.m.  
**Fees:** Rs. 1200/- inclusive of Lunch and Tea

**Pregnancy Ante Natal Post Natal:**

Experience healthy and happy pregnancy and easy delivery by following simple yogic techniques and practical guidelines.

January	2 - 3	February	7-8 & 12-13
March	7 - 8	April	9 - 10
May	2 - 3	June	6-7 & 11-12
July	4 - 5	August	1-2 & 6-7
September	5 - 6	October	3-4 & 8-9
November	7 - 8	December	5-6 & 10-11

**Stress Management:**

The Yogic Way Stress is everywhere for everyone in the technologically developed world, to learn to lead a healthy life under stressful situations is the solution.

January	8 - 9	February	12-13
March	12-13	April	9-10
May	14-15	June	11-12
July	9-10	August	20-21
September	17-18	October	8-9
November	12-13	December	10-11

**Workshop for 2 Half days:**

9.00 a.m. to 1.00 p.m.  
**Fees:** Rs. 600/- (inclusive of snacks)

**Personality Development:**

Would you like to enhance your personality physically, mentally, emotionally spiritually? Yoga is the answer. These camps will include guidance on: Self Development, Concentration, Relaxation, Mind & Memory Training

Jan	29 - 30	April	2 - 3
June	4 - 5	July	30 - 31
October	29 - 30	December	3 - 4

**Respiratory:**

Management of asthma, bronchitis, common cold and sinusitis. Pollution and changing weather affect the respiratory system. Learning simple asanas and breathing techniques, eating the right kind of food and controlling the mind help the situation greatly. Yogic life for control of asthma is well documented at The Yoga Institute.

Jan	15-16	Feb	19-20
April	16-17	June	18-19
July	16-17	October	15-16
Nov	19-20		

**Literature on Yoga**  
*Each Problem has a Solution*

**CYCLOPAEDIA:**

- Cyclopaedia Yoga Vol. I
- Cyclopaedia Yoga Vol. II
- Cyclopaedia Yoga Vol. III
- Cyclopaedia Yoga Vol. IV
- Thoughts on the Yoga Sutras of Patanjali of Dr. Jayadeva Yogendra as recorded by Hansaji

**GENERAL BOOKS:**

- Guide to a Fuller Life
- Guide to Yoga Meditation
- Patanjali's Yoga Sutra
- Self-Development
- Yoga of Caring
- Yoga for Youngsters
- Yoga Asanas Simplified
- Better Humans
- Problems and Solutions
- Life Problems
- Why Yoga
- Master Strokes Volume: 1, 2 & 3
- The Householder Yogi Life of Shri Yogendra
- Folder - Yoga and the Golden Years
- Yoga for Children Teachers Handbook
- Yoga Physical Education for Women
- Growing with Yoga
- Hatha Yoga
- Rangi & the Unknown Man
- Swadhyaya
- Inspiration
- Yoga at Home
- Yoga Hygiene Simplified
- Thoughts on Gita
- Insights Through Yoga
- Recipes for Happiness
- Your Words Our Path

**We also offer special customized classes and camps for corporate at different levels.**

We also conduct classes for Voice management, Senior Citizens, Digestive Problems and Women, on request.

Please enquire for further details.

**Workshop for 2 Half days:**

1.00 p.m. to 5.00 p.m.  
**Fees:** Rs. 600/- (inclusive of snacks)

**Weight Management:**

Overweight and underweight both can create many problems. Learn how to manage your weight as Yoga addresses the full set of issues at their root.

January	29-30	Feb	5-6
May	7-8	July	30-31
October	29-30	December	17-18

**Orthopaedic – Management of Back and Joint Problems:**

1.00 p.m. to 5.00 p.m. Rs. 600/-

Yogic Management of Back and Joint disorders including cervical spondylitis, low back pain, slipped disc, frozen shoulder, knee conditions, arthritis.

January	15-16	Feb	19-20
March	5-6	April	16-17
May	21-22	June	18-19
July	16-17	Aug	13-14
Sept	3-4	Oct	15-16
Nov	19-20	Dec	17-18

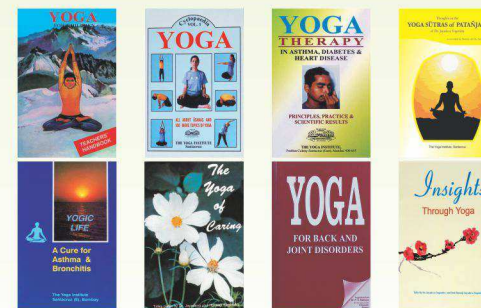
**Management of Hypertension (high blood pressure) and Cardiac related problems & Diabetes:**

1.00 p.m. to 5.00 p.m. Rs. 600/-

Learn how to reverse Heart Disease the Yogic Way. Modern lifestyle takes you to the doorstep of coronary artery disease. The mammoth research – The Caring Heart Project conducted by The Yoga Institute and the International Board of Yoga have proved conclusively that simple Yogic lifestyle and techniques can reverse coronary artery disease in many cases.

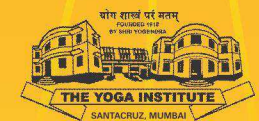
Experience this unique method of preventing, treating and rehabilitating people with heart disease.

January	1-2	February	5-6
March	5-6	April	2-3
May	7-8	June	4-5
July	2-3	August	13-14
Sept	3-4	Oct	1-2
November	5-6	December	3-4



**THE  
YOGA  
INSTITUTE  
SANTACRUZ**

*92 years of glorious service  
in the cause of Yoga*



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# THE YOGA INSTITUTE

Santacruz (E), Mumbai, India



"Yoga is another word for a way of living, where one gives as much importance to happiness and peace of mind as to one's material comforts"

**Dr. Jayadeva Yogendra**  
President, The Yoga Institute,  
Santacruz

"We believe that Yoga is a way of life which should help one to acquire a healthy body, a superior mind and a higher spiritual consciousness."

**Smt. Hansaji Jayadeva Yogendra**  
Director, The Yoga Institute,  
Santacruz



Founded in 1918, by Shri Yogendraji, The Yoga Institute carries the distinction of being the oldest organized centre of Yoga in the world. The Institute is spread over one acre and comprises of three buildings dedicated to Yoga activities. About 1000 persons visit the Institute every day for training, health benefits and consultations.

## Parisamwada:

Free interactive session with Dr. Jayadeva Yogendra and Director Hansaji Jayadeva Yogendra on Monday, Tuesday, Thursday, Friday 7.20 a.m., 11.30a.m., and 6.20p.m., Saturday 8.00a.m.

## Free Satsang:

Every Sunday 9.30 a.m. to 10.30 a.m.  
Interesting presentation on different topics.

## Samatvam:

Individual guidance for life management.  
**Fees:** Rs. 150/- Please bring medical papers and a pen.  
**Time:** Every Saturday 2.00p.m.

## 21 - Days Better Living Course for Holistic Living

Registration and course start at 9 a.m. on the first Sunday of every month continuing for 21 days.  
**Time:** 7.20 a.m. to 8.30a.m. or 6.20 p.m. to 7.30 p.m.  
Except Sundays 9.30 a.m.  
**Fees:** Rs. 350/-

## Special Regular Classes:

These classes are of one hour duration. They can be started on any day. They consist of Asanas, Pranayamas, Kriyas and Yogic lifestyle instructions.

**Fees:** First month Rs. 400/- Subsequent months Rs. 300/- Full year fees Rs. 3300/- with one year's subscription to Yoga and Total Health magazine.

**Men:** Timing: 6.30a.m., 7.20a.m., 1.00p.m., 5.30p.m., 6.20p.m.,

**Days:** Monday, Tuesday, Thursday, Friday

**Women:** Timing: 6.30a.m., 7.20a.m., 8.30a.m., 9.30a.m., and 10.30a.m., 12.00 noon, 1.00p.m., 3.30p.m., 4.30p.m., 5.30p.m., and 6.20p.m.

**Days:** Monday, Tuesday, Thursday, Friday.



## Once a Week Classes:

**Saturday:** 8.00a.m. to 9.30a.m., 5.00p.m. to 6.30p.m.

**Sunday:** 8.00a.m. to 9.30a.m., 10.30a.m. to 12.00 noon.

**Fees:** Rs. 350/- per month

\* Registration any weekend.



## Yoga Teachers' Training Certificate Courses:

### 1 Month Yoga Teachers' Training Course:

Offered in English and Hindi, suitable for teaching yoga to school students and young adults only without health problems. Starts on the first day of each month. Intensive Yoga teachers' training in theoretical and practical aspects of yoga is offered.

**Days:** Monday to Friday 10.00 a.m. to 4.00 p.m.

**Fees:** Rs. 8000/- (inclusive of lunch and snacks)

The Comprehensive courses require all students to attend and participate in all the health and educational camps, and assist in both a 21-day Better Living course, and in the Sunday Satsangs. These courses are recognized by the Government of India and Internationally.

### 7 Months Comprehensive Yoga Teachers' Training Course (English):

**Time:** Monday to Friday 5.30 p.m. to 8.00 p.m.

Saturday 5.00 p.m. to 8.00 p.m.

Sunday 9.30 a.m. to 10.30 a.m.

**Fees:** Rs. 8000/-

### 1 Year Comprehensive Yoga Teachers' Training Course (Hindi):

**Days:** Monday to Friday

**Time:** 1.30p.m. to 4.00p.m. Holiday in May.

**Fees:** Rs. 8000/-

**Prerequisite:** for 1 year and 7 months Yoga Teachers' Training Courses, either a 7-day Health Camp, or the 1 Month Yoga Teachers' Training Course.

### 3 Months Comprehensive Full Time Yoga Teachers' Training programme:

**Timing:** Either residential or 6.30a.m. to 8.00p.m.

**Fees:** Rs. 55,000/- (inclusive 4 times meals)

The period of the 3 months will be \*Nov. – Dec. – Jan \* Feb – Mar – Apr \* Aug – Sept – Oct.

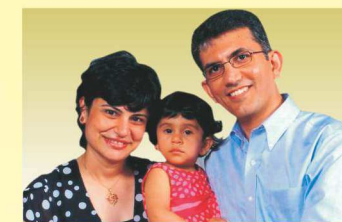
**Prerequisite of the course a 7 days Health camp starting on the 4th Saturday of the month.**

## Children's Class:

**Days:** Monday, Tuesday, Thursday, Friday

**Time:** 4.30 p.m. to 5.30 p.m.

**Fees:** Rs. 350/- (First month) \* Rs. 250/- (Subsequent Months)



## Couples' Class:

Registration in January 3rd Sunday of every month.

**Time:** 3.30 p.m. to 6.30 p.m.

**Fees:** Rs. 1600/-



## Vacation Classes:

For children of age groups 5 to 8 years, 9 to 12 years and 12 to 18 years. Please enquire during vacations.

Integrating Yoga Education in schools with specially formulated curriculum.

Implementing free Yoga Education at B.M.C. Schools from Std. I to X.

