

Hello to Citizens of Goa,

SAADAR PRANAM!!

I am Subhash Chanana, an expert in the field of Yoga. I also specialize in Power Yoga Therapy, Acupressure & Reflexology. I, along with my team, have successfully integrated yoga with naturopathy practices and life-style modifications for better management and treatment of various health disorders.

I take this opportunity given by God to come conduct the "POWER YOGA " and " CHAKRA HEALING (KARMA YOGA) " workshop with you in your city.

I am committed to maintain and strive for continual improvement and upliftment in personality in a holistic way through yoga and meditational techniques.

I value life by transforming normal being to normal HUMAN being.

IN THIS WORKSHOP AM EMPHASIZING ON CHAKRA HEALING AND POWER YOGA..

A BRIEF SYNOPSIS IS AS BELOW:

Practice of power yoga helps in the detoxification of the body. Various toxins produced in the body come out through sweat.

It thus helps in getting rid of excessive body weight and cures problem of obesity.

Regular practice of power yoga helps in coping with many diseases like cancer, asthma, bronchitis, insomnia and sinus and also helps to improve cellular oxidation, and body metabolism.

Power Yoga Improves concentration, Improves posture, boosts the immune system, and helps in relieving physical fatigue, psychological problems like stress, anxiety and depression.

Power Yoga Enhances Athletic Performance and Improves your overall Quality of Life and majorly stress is replaced by mental focus, stiffness and aches are replaced with flexibility, warmth and detoxification. Increased strength, stamina and energy are felt immediately, and one quickly begins to experience the Benefits, and these benefits naturally carry over into your daily lives.

The Seven Chakras And Their Health Benefits

Chakras are a Far East concept. To put chakras into a basic understanding, there are seven of them (what we call major chakras). You can consider them like a power station of sorts. They pull in "prana" (energy/food) from the surrounding universe, suck it in, transform it, and then "feed" not only our physical body to keep us healthy, but also feed our aura, which is composed of many fields.

In these workshops my main focus is on providing you with a ***holistic solution to your lifestyle in the mundane routines full of stress and anxiety.***

The main benefits and issues that I shall address with Chakra Healing are as below:

Mental/Emotional Issues and Physical Dysfunctions of Humans...

Each chakra has a symbolic area that it rules. Through stimulation, the opening and closing of this chakra, it draws in the energy to help us learn the lesson(s) we want to educate ourselves about this lifetime.

I hereby assure that with regular practice of Chakra Healing (with the Help of twelve Steps) with SELF HEALING would enable you a lifestyle beyond expectation.

LOVE N LIGHT..

SUBHASH