



WHY LEARN & PRACTICE YOGA NOW?

The body benefits
from movement,
and the mind
benefits from
stillness. Yoga
helps both body
& mind

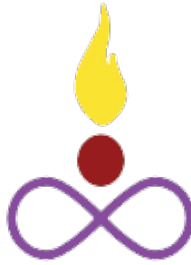
ASHUTOSH MISHRA

**Workshops, Regular Classes, Therapy Sessions &
Certification Courses for beginners,
intermediate & advanced students, since 2016**



“When you listen to yourself, everything comes naturally. It comes from inside, like a kind of will to do something. Try to be sensitive. That is yoga.”

Petri Räisänen



Explore Yoga (EY) is a Yoga & Wellness initiative by Ashutosh Mishra who is often credited with the home Yoga & Yoga Therapy classes in Bangalore.

EY operates out of Bangalore and focusses on 3 wellness verticals - curative, preventive & restorative. All these verticals use self-healing special techniques based on the holistic Indian health systems like Yoga & Ayurveda which aims to correct the imbalances at physical, mental and emotional levels. On a case-to-case basis, based on the need of the individual, the **EY** team advises on whether to choose the clinic, training or retreat options. Kindly feel free to connect with Ashutosh at +91 98448 11351 or for a 'no-strings attached' consultation.

The EY Approach

Integrated Approach of Yoga Therapy (IAYT) has been shown to have complimentary benefits in the treatment of mind body diseases such as Back Pain, lifestyle deficiency, arthritis, cancer, and stress during pregnancy.

IAYT is derived from ancient Yoga texts and backed by modern research. It uses simple, safe, doable practices that include Asanas, Pranayama, Kriyas, Meditation, Science of Emotion Culture, Svadhyaya & special sleep technique.

IAYT is administered by exponents of Yoga & Yoga Therapy. They do detailed examination, thorough check up of one's physical, mental and emotional states.

IAYT also includes Yogic counseling which is based Jnana Yoga, Bhakti Yoga, Karma Yoga and Raja Yoga. This model developed by S-VYASA is based on the principle that *“the root of all psychosocial illnesses is in the mind, which causes an internal imbalance due to long standing stressful and demanding situations of life.”*

Health and the Kosas

Intense surges of uncontrolled excessive speed of responses to these demanding situations at an emotional level (Manomaya Kosa), conflicts between value systems (Vijnanamaya Kosha), and strong likes and dislikes at the psychological level (Manomaya Kosa) are responsible for imbalances at gross levels (Pranamaya and Annamaya Kosas).

IAYT slows down the loop of uncontrolled speed of thoughts (stress) through several techniques that use the principle of “successive stimulations followed by progressive relaxation and the rest” to correct the imbalances, promote “mastery over the mind” and harmonize the disturbances at each of the five levels (Pancha Kosa).

Based on the above Pancha Kosa concept, the IAYT model incorporates varied yogic practices at each level to help patients with different disorders deal with their problems.

The Annamaya Kosa practices include:

- (1) **Asana:** A stable and comfortable posture, which gives deep relaxation to internal organs by massaging them thoroughly; all organs of the body start functioning in a harmonious manner and the mind becomes tranquil
- (2) **Diet:** Simple vegetarian wholesome food that calms down the mind (Sattvic diet) is recommended as it helps to maintain internal harmony in the body as well as mind
- (3) **Loosening exercises:** Reduces joint stiffness, strengthens the muscles of the body and increases physical stamina.

The Pranayama Kosa practices include:

- (1) **Breathing exercises and cleansing breath:** Increases awareness about breathing, clears the lungs, corrects breathing pattern and increases lung capacity
- (2) **Pranayama:** Slows down breathing rate and restores autonomic balance thereby calming the mind.

The Manomaya Kosa practices include:

- (1) **Meditation:** Practices with repeated stimulations and relaxations
- (2) **Trataka** meditation and Yoga Nidra for creating awareness and slowing down the mind
- (3) **Devotional sessions:** For emotional culture through *Bhakti Yoga*

The Vijnanamaya Kosa Practices include:

- **Talks & Yogic counseling:** using Yogic concepts of fearlessness for stress management. All the above practices are incorporated with the aim to help one achieve the self-knowledge.

The Anandamaya Kosa (Bliss):

- A state of blissful silence with awareness, perfect poise & freedom of choice where mind is not troubled by stressful thoughts & fears.

All components of the IAYT are mutually exclusive of each other in theory; for the IAYT model to have its desired effect, all the components need to be integrated and provided to have a desired effect on each of the five levels of existence.

About our founder

Ashutosh Mishra, a Master's in Yoga from the Bangalore based SVYASA University. He started the journey of Yoga in the year 2000 after his studies at Vivekananda Kendra, Kanyakumari.

Ashutosh has been training people across age groups for over 2 decades now. He was part of a group that pioneered the home-yoga movement in Bangalore. He has shaped careers of many Yoga teachers in Bangalore, Delhi and many are working abroad now. He is trained to handle various styles of Yoga. He understands of the needs of each individual and customizes the learning.

Since 2013 Ashutosh honed his Yoga therapy skills under the watchful eyes of leading Ayurveda doctors at the Tata Sons funded I-Aim healthcare, a super specialty Ayurveda-Yoga hospital. With his experience of sharing sessions with people from various fields like business, education, entertainment, law, enforcement agencies (army, police etc.,) aviation, sports, NGOs' etc., he realized that most of them would like to study Yoga in a scientific and systematic way. Through Explore Yoga, he designs and offers learning experiences accordingly.

About Explore Yoga & Ashutosh Mishra by
Krishna Prakash of Shrimath Yoga

EXPLORE YOGA has been conducting workshops, regular classes, therapy sessions & certification courses for beginners, intermediate & advanced students, since 2016.

Before establishing Explore Yoga, Ashutosh was an integral part of IAIM Healthcare, a 100 bed Ayurveda super speciality hospital. IAIM was fully funded by Tata Trusts and is an initiative of FRLHT (Foundation of Revitalization of Local Health Traditions).

Ashutosh hold a Masters in Yoga from SVYASA. He pioneered home Yoga & on-demand Yoga in early 2010's at Bangalore with the help of a friend who operated a call centre.

Ashutosh continues to conduct sessions at Varanasi, Bangalore, Tiruvannamalai apart from serene non-descript villages of rural India. His expertise in Yoga therapy, his kindness & patience with students, his penchant for customisation differentiates him.

I wish him grand success in his endeavours.



Yogasana



Pranayama



Mudra



Relaxation



Meditation



Philosophy & Wellness