

The Yogshala Clinic

E-NEWSLETTER



Aug

About Us

With fitness as its guiding principle, The Yogshala has emerged to serve humanity to its highest degree. For the benefit of health enthusiasts, The Yogshala offers a variety of inventive yoga sessions in addition to ayurvedic medications and treatments. One of the specialties of The Yogshala is combining the most economical yoga framework with a therapeutic approach under one roof. Our goal is to spread the traditional knowledge of a drug-free, holistic method that has no negative side effects or consequences.

Editor's Note

The Yogshala has been advancing yoga consciousness throughout the world to benefit humanity. We are recognized as one of the top organized centres for yoga and strive to give everyone the tools they need to live intentionally. We aspire to do the same and much more for the physical, mental, and spiritual well-being of mankind with the good wishes of everyone and our diligent effort. Before we close this note, let's take some time to be grateful for everything, large and small.



MISSION

To promote community-based, compassionate methods of healing for the body, mind, and spirit of people. One of India's oldest systems, yoga, which has a healing message, is one that we support and propagate. Our goal is to spread yoga and meditation throughout the world so that people's health and well-being can be improved.

VISION

Our goal is "Sarve Bhavantu Sukhin," which translates to "may all be happy and no one suffers on this globe." We are conveying and disseminating the message of wellness, tranquility, and harmony over the globe for the good of humanity. While we consider the drawbacks of globalization, we should cooperate to eliminate any stressors on our physical and psychological well-being so that our world is devoid of tension, worry, illnesses, and other adverse impacts.



The Yogshala Special Services & Facilities

The Yogshala offers a variety of yoga sessions, Ayurveda consultations, yoga therapy, Ayurveda OPD consultations, Ayurveda therapy, yoga teacher training programs, and academic and professional yoga courses including B.A., M.A., P.G. Diploma, and certificate programs. Additionally, we hold special yoga classes, wellness workshops, health checks, and camps. The distinctive services we provide at each of our locations are briefly described in the section below.



Preventive Yoga

Ashtanga Yoga is the foundation for the dynamic fitness-focused yoga style known as Preventive Yoga for Lifestyle Disorders. It helps to achieve stability, balance, and appropriate posture when done frequently and under supervision. On a physical, mental, and emotional level, it gives females vigour and stability. For kids aged 6 to 12, it strengthens and enhances their focus and memory, which is good for their academic achievement.

In addition to providing older people with the chance to socialise and form bonds with others, it helps to relax and boost their bodily emotions. Additionally offered are private sessions, home instruction, therapeutic yoga for medical conditions, and yoga for prenatal and postnatal pregnancy. Yoga during and after pregnancy aids in the physical and mental relaxation of expectant women. Depending on the demands and health of the body, therapeutic yoga for various conditions aims to renew the body from the inside out. Our instructors devote more time to private and home classes, which are scheduled in accordance with each student's schedule and needs.



OPD Consultations in Ayurveda

Ayurvedic medicines can be used to treat patients with a range of acute and chronic conditions. They are based on the diagnosis provided by the patient after a thorough and in-depth consultation session. The therapy also includes a nadi pariksha and prakriti analysis. We are pleased to note that our experts are skilled and informed in a range of therapeutic modalities.

They are encouraged to choose the ideal asanas, therapies, and treatments for their particular body's needs.





Ayurveda Therapies

Ayurveda uses a variety of therapies & methods to cure aches, pains, & chronic diseases. Due to changing lifestyles, environmental degradation, & stress, man has recently failed to achieve harmony with the mind, body, and spirit.

In these circumstances, Ayurveda is helpful. For the prevention and treatment of both acute & chronic illnesses, we provide a range of treatments.

Additionally, we offer specialised therapies like Abhyangam therapy packages, immune system boosters for kids, digestive care, stress management pain management, and so on.

Read Out- What Our Doctor Says About SINUSITIS

Sinusitis is an upper respiratory tract disorder. Some of the bones of the nose and face have empty spaces, called sinuses. The inner lining of these sinuses is lined with a soft mucus membrane. Due to different causes, the mucus membrane swells and this leads to the accumulation of mucus or phlegm in these sinus cavities. In due course, bacteria develop in these sinuses leading to sinusitis.

Some causes of sinusitis include increased intake of dry, oily, spicy, or too hot or too cold foods, and foods that are indigestible and incompatible foods cause swelling and irritation of the tissues of the sinuses. Other factors responsible for this condition are suppressing natural urges of tears and vomiting, exposure to cold or dusty and dry weather, staying awake till late in the night, and sleeping in the daytime.

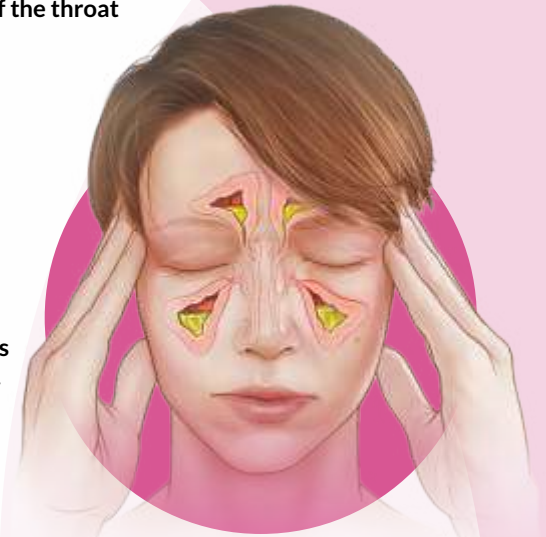


Some Symptoms of sinusitis are:

- Running nose with thick, yellow, or greenish discharge from the nose or down the back of the throat
- Nasal obstruction or congestion, causing difficulty breathing through your nose
- Pain, tenderness, and swelling around your eyes, cheeks, nose, or forehead
- Aching in your upper jaw, teeth, and sore throat
- Severe headache, ear pain, facial pain
- Low-grade fever, lack of appetite, and fatigue

Ayurvedic Treatments for Sinusitis

Ayurvedic treatment of sinusitis involves liquefying and expelling aggravated body energies with the use of certain Ayurvedic herbs and diet as well as nasal therapies and applications. The Panchakarma treatment of Nasya is quite effective in dealing with sinusitis. A few other lifestyle treatments include practicing Yoga as well as practices like Sutraneti (Nasal Cleansing with Thread), Jalaneti (Nasal Cleansing with Water), Kapalabhati (Frontal Brain Cleansing Exercise), Bhastrika Pranayama, and Anulom Vilom Pranayama. It is important to note that all Ayurvedic medicines and treatments should be taken under the supervision of a qualified Ayurvedic Doctor/Physician.



My Kitchen My Life

Ragi Banana Dates Smoothie

Ragi is a great weight-loss food as it is rich in dietary fiber and calcium which promotes fullness and helps you keep away from unnecessary snacking. It can make a quick energy drink. You can have it warm or chilled. Ragi has uncountable health benefits and weight loss is just one of them.

Ingredients:

2 Tbsp ragi flour

4 soaked seedless dates

1 cup chopped banana

1 cup milk

½ cup of water

Method:

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Fitness Mantra

Exercise at 50 percent capacity-

In general, Ayurveda recommends that we exercise at just fifty percent of our capacity—until we break a mild sweat on the forehead, under the arms, and along the spine, or until the first sign of dryness in the mouth.

Breathe through your nostrils-

You can help ensure an appropriate amount of effort by breathing through your nostrils throughout your workout. This can feel challenging at first, but it definitely gets easier with time and practice.

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Most people gradually develop a tolerance for more and more intensity, as their nostrils adapt to being the primary passageway for the breath during exercise.

Work out at the right time of day -

Ayurveda also recommends that we exercise during the Kapha time of day, from about 6–10 a.m. and p.m. These times of day are ruled by Kapha dosha and are therefore infused with a sense of groundedness, stability, and strength that helps counteract the inherent lightness and mobility of physical activity.

And actually, because the qualities of exercise oppose the qualities of Kapha, being active at these times of day can counteract any tendency toward sluggishness, heaviness, or mental fog that might otherwise dampen your sense of well-being.

If exercising during the Kapha time of day is out of the question for you, find a time that works for you and your body, being especially mindful of any Vata or pitta aggravation you may be experiencing.

Exercise has far more in common with Vata and pitta than Kapha, so exercising during pitta times of day (10 a.m.–2 p.m. and 10 p.m.–2 a.m.) and Vata times of day (2–6 a.m. and p.m.) can easily provoke these doshas. Beyond these generalities, you can further improve the benefits of your fitness routine by tailoring it to balance the specific dosha that needs the most support in your system.



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Testimonials

We love that our patients feel inspired to write about the care they received here at The Yogshala Clinic!

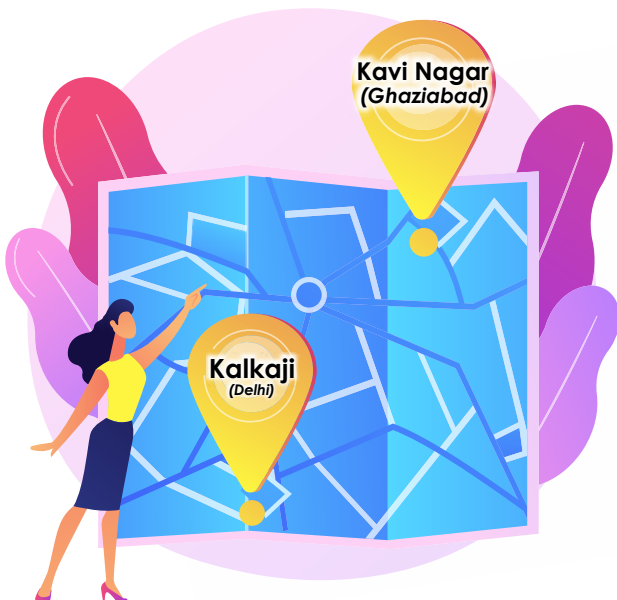
A glimpse of some of the top positive reviews by our clients:

● **Sunil Kumar (The Yogshala Clinic - Kalkaji)**

I am taking treatment for muscular pain in my calf for the last month. Greatly satisfied with the quality of treatment and ingredients used by The Yogshala Clinic. The staff is most cordial and the therapist has good technical knowledge. You also get consultancy by a qualified medico here. Hygiene and Covid protocol are of the highest standards. I will recommend it to all who believe in Yoga and its therapy.

● **Raju Sharma (The Yogshala Clinic - Kavi Nagar)**

My father is taking treatment from Yogshala for 4 months and he is having good relief from his joint pain. He is also taking therapy there. Now he is completely fine and fit. Really love the services of the Yogshala.



For More Information Contact Us

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