KAIVALYADHAMA®
Where Yoga tradition and Science meet

100 YEARS

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BHARAT YOGA MALA

Illuminating Mental and Physical Flourishment across India

Starts : January 2024

Awaken the Spirit of Yoga for Complete Well-being

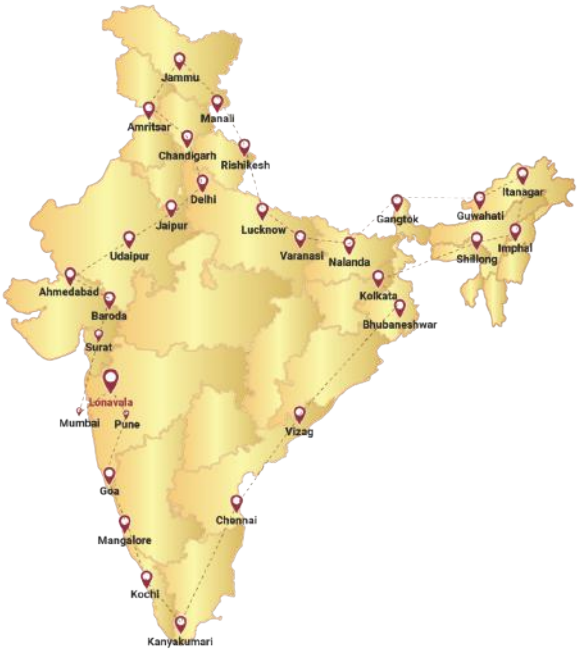
Bharat Yoga Mala, a profound initiative meticulously crafted to deepen comprehension of the inseparable fusion between mental and physical well-being through the conduit of yoga. Come forth to unite timeless sagacity with contemporary revelations, forging a path towards holistic mental wellness.

Empower Your Life through Yoga

Stress, worry, and emotional instability have become prevalent difficulties in a world where mental health challenges know no bounds. Bharat Yoga Mala is a movement that goes beyond workshops to address this issue head on. It calls to those who recognise yoga's transformative transformative power—a practise that may mend minds, heal hearts, and strengthen lives. Yoga provides a holistic approach to total well-being, from stress reduction to increased flexibility, strengthened muscles to improved posture, and overall balance.

Our Vision, Our Purpose

Imagine the impact when time-honored traditions meet the urgent needs of today, especially in the realm of mental health. Bharat Yoga Mala stands as a testament to collaboration, where partners like you play a central role in spreading the message of mental wellness through yoga in your local community.



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Crafting a Novel Narrative

Join us in this one-of-a-kind outreach effort as we garland India in a customised yoga programme to cultivate mental resilience. By collaborating with us, you are becoming a part of a purpose—a quest to raise minds, foster emotional balance, and develop a community strongly founded in holistic wellbeing. Your participation demonstrates that yoga is more than just a physical practise; it is a transformative path towards whole mental health.

Partner with us

Are you ready to delve into the underlying concepts of Bharat Yoga Mala?

Let us connect at your earliest convenience to learn more about how you may help to achieve this great mission of improving mental health across our country. Let us all embrace the power of yoga and chart a road towards a better, happier society.

Commencing From

January 2024

Duration of Workshop at Each Location

3.5 hours

Program Delivery

By Expert Faculty of Kaivalyadhama

Let's collaboratively create a tapestry of hope, resilience,and transformation. Join us as a partner today.

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About Kaivalyadhama

Founded by Swami Kuvalayananda in 1924, Kaivalyadhama is one of the oldest pioneering yoga institutes in the world. We follow the principles and philosophy of Patanjali's Ashtanga Yoga, and take pride in teaching traditional yoga in its purest form, with a unique perspective. Located in the serene Sahyadri mountain ranges of Lonavala. In the midst of a scenic lush-green landscape and pristine flora, Kaivalyadhama enjoys a soothing climate and pleasant weather all year. Here, you can truly experience the myriad benefits of Yoga, amidst a peaceful and restoring environment.

Kaivalyadhama is the first Yoga institute to proactively conduct scientific research for demonstrating the benefits and uses of Yoga. We apply this knowledge to deliver holistic wellbeing and to impart Yogic wisdom globally.

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