



To err is human, Yoga is perfection that defies gravity. Inclined to Mahathma Gandhi's Swadeshi Movement this kit is totally Cottage Industrial, Antiquity, Indian ofcourse. This Kit can give to all walks of Life the collective benefit of all equipment in a Gymnasium (and for a Song) for 1/5th of the cost of a "Treadmill" - half the Annual Fees of a Gymnasium.



## Doctor. A.S.PRAKASH (Yoga Shri)

winner of  
Dr Rajkumar National Level Yoga Championship  
5th time in a row.

More than 150 patients cured of various life style  
diseases and replaced with fighting fitness



# YOGA KALAKRITHI®

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Regd. TRUST blending Art, Craft, Skill to take YOGA to the MASSES  
\*\*\*\*\*  
Structured to a Flying Start - Aristocratic, Highend, Handicraft, Antiquity.  
\*\*\*\*\*  
Substance to Grand Master the Art of Yoga in STYLE  
\*\*\*\*\*

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## YOGA ENCYCLOPAEDIA

(with Antique, Handcraft Wooden Holder)



## YOGA DVD

The Yoga Encyclopaedia and the DVD contains details and video clips of Five Yogic Immortality Solutions viz. ASANAS, PRANAYAMA, MUDRAS, ACCU, PRESSURE, AYURVED. Each solution has the Rapport of Ensuring high degree immunity for half a century. The Pupil will be able to Grand Master the Art.



## MEDITATION MAT

The High Yogis of INDIA in the past had the luxury/Grandeur of doing Asans on the Pelt of a Tiger, Panther, Cheetah, Deer etc., which today will cost a Legitimate fortune. So an Antique, Handcraft, Look alike Tiger Yoga Mat and a Mat for Meditation is part of the kit. When the Tiger Mat is spread any where Under a Tree, on the Terrace, in a Park, Sea side Beach with Sunrise or Sunset at the Backdrop gives Grandeur that is Unsurpassed. Eventually it will make you come on it every day. (Practicing Yoga without a Mat is like having food without a plate or a leaf)



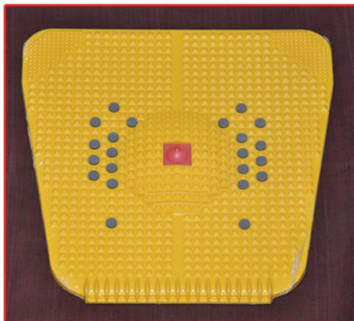
## KASHMIR VELVET TIGER YOGA MAT

SIZE - 3ft X 6ft

## SATINSCROLL CALENDAR

The only existing Yoga Calendar till this scroll came into being was only one hand outline calendar without advanced Asans.

This scroll contains all Advanced Asans featuring the DEAN with a vision to do Yoga for another century to come preserving a 6 Pack. Every time one looks at the calendar the Astral Body which is the mind tends to flex it according to the Asans.



## MAGNETIC ACCUPRESSURE PAD

The body needs one hour of Accu Pressure walking on barefoot thru its soul because organs like Eyes, Ears, Nose, Throat, etc., have the nerves ending from toe to heel. You require just 3 to 5 minutes twice a day for which a Pad with magnets is provided to prevent and cure many diseases mentioned in chart.



## TROLLEY KIT

(with 3 Digit Number Lock)

The Trolley kit is to contain all accessories the CD, the Manual, the Mats, the Accu Pad and the Satin Scroll to eventually succeed in Grand Mastering the Art. These were the accessories used by the Practitioner in the Picture for the past 32 years, who eventually is a "Medal winner in the International Yoga Tittle Championship-2012". The world has to thank Baba Ramdev immensely bcos appx. 2 Billion people have inclined to YOGA. In Parks, Shibirs, Playgrounds, Stadiums etc., people are bursting at the seams flocking the Kindergarten Gates of YOGA. All are without equipment like mat, book. Some who carry something is a Towel, Folded Bed sheet, Old Shawls, which looks very incompetent.



## 6 PACK YOGA

with a 6th Sense to Match

For a Six Pack Muscle out of Yoga, the Biceps & the Forearm are more than the Calf Muscle. Applying like in SHAOLIN derive benefits of HEALTH to take a BULL by its HORN, the SKILL to Shoot its EYE. The six pack yoga kit is a one man show - the Direction, Production, Design, blending Art, Craft, Skill, Talent, Vision, Liaison & the Action, Script, Voice all of the Dean, Research and Development over 1/3rd of a century and more.



Contents:- AYURVEDA -3 HERBS (Tulasi, Aloe vera, Amrut balli)The Secret behind the Rishis living for 1000s of yearsASANAS, MUDRAS (exercises for the Nerves.) PRANAYAMA (exercises for the Organs like Liver, Kidney, Pancreas etc. / for a 400 years Life Span. These Solutionscould eliminate a Pot Belly (5 months) cured Benign Cancer (1 side over growth of Hunch Bone) in 4 months