



KRYOGA WORLD

&

Sumedha Saraogi

Presents

Magical Weekend with Master Kamal

20TH & 21ST September-2008

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THE PARK

Kolkata

Event Itinerary

Day 1 (20TH Sep)

Morning Session

08:00 to 09:30--- Solar and lunar exercises of Kryoga

Designed by Master Kamal and proven to be the simplest and the best exercises of yoga that improves your metabolism and helps burn fat fast even when you are not exercising. It help reduce weight fast, relieves dullness, tension and fatigue. Helps improve digestion and relieves constipation. Relieves mental and physical toxins.

10:00 to 11:30--- Shakti (the power)

This class cultivates inner physical and spiritual power through a unique combination of Vinyasa (flowing) sequences, Asanas (postures), relaxation techniques and breathing methods. This class is not for beginners.

Evening Session

16:00 to 17:30--- Asana (Postures)& Pranayama (Breathing techniques)

Various postures and breathing techniques of Yoga to de-toxify, de-stress and boost your energy for good health and vitality.

17:45 to 19:15--- Yoga Nidra (conscious sleep) & Meditation

Day 2 (21ST Sep)

Morning Session

08:00 to 09:30--- Agni- Series 1

An exclusive class designed by Master Kamal which will help to reduce weight fast, relieve stiffness, pains and tensions. Along with the postures, you work on the great locks of yoga and yogic breathing which help to strengthen your sexual, excretory and reproductive organs. It helps relieve health problems like migraine, back pain, neck pain, numbness, respiratory problems, menstrual problems, sleeping disorders etc., helps to increase flexibility, strength, balance and concentration. They are an excellent way to activate and energize the central nervous system. It helps to improve a lot of blood and energy to the brain and facial muscles making you more energetic, vibrant and sharp

10:00 to 11:30---Warrior

Get in shape with Yoga! Great legs, Great arms, and Great abs! An artistic and unique selected set of yoga postures and breathing techniques of the ancient warriors in India practiced for strength, speed, endurance and mind power. This Beginner's class is good for all.

(Please be reminded that warrior is a very powerful class)

Evening Session

16:00 to 17:30--- Ananda (Bliss)

An excellent yoga class for all ages! It brings the inner health & beauty out with ancient yoga techniques. These Yoga techniques stroke the fire and light of purification that makes all the systems, organs and glands rejuvenated, revitalized and reverse ageing. This class greatly benefits people with problems i.e., migraine, insomnia, asthma, breathing disorders and constipation. These ancient techniques also help detoxify the liver, kidney, uterus (for women) and prostate problems (for men). You can experience its great benefits within 4-6 weeks.

17:45 to 18:45--- Lecture on Yoga & Meditation

19:00 Hrs Onwards, Q & A -Interactive Session