



ASTROYOGA:

Interlinking Ancient Vedic Knowledge of Astrology, Ayurveda and Yoga.

Combo of Practical Ayurveda + Planets and its effect + NAVA GRAHA Yoga Session

About the Workshop:

You Will Get

Nava Graha yoga - Holistic Yoga and daily pranayama and Meditation course with (20 sessions)

Weekdays 7:30 AM 1ST

Planets and their Ayurvedic Effects & Practical Ayurveda (15 sessions)

Weekdays 7:30 PM 1ST

This will be a 35 intensive session where the concepts of **Astrology, Ayurveda, Yoga, Chakras** and their scientific links (using references) will be shared.

This will be a detailed continuation of the webinar with elaborate information given on the following topics. A unique, innovative and powerful program developed and conceptualized by (Yogi) Siddharth Banerjee opens the doorway of a scientific and practical approach /aptitude towards Astrology and Ayurveda.

A PROGRAM BASED ON THE SCIENTIFIC CONNECTION BETWEEN PLANETS, AYURVEDIC DOSHAS (5 ELEMENTS), BODILY CHAKRAS AND HEALING VIA KARMIC, BEHAVIORIAL, AYURVEDIC AND YOGIC MEASURES.

- ✓ THE PROGRAM WILL PROVIDE YOU WITH SCIENTIFIC , PRACTICAL AND RATIONAL REMEDIES TO BALANCE EACH PLANET AND ITS EFFECT IN YOUR LIFE .
 - ✓ You will learn about the effect of each planet in your life and how Ayurveda and yoga can mitigate it.
 - ✓ Get a permanent and practical solution to EACH of your life problems using these Vedic tools.
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PART -1 – Introduction to the subject , Ayurveda – understanding the Tri- Dosha concept (vata – pitta and kapha) in detail (physical , emotional , behaviorial , psychological , characteristics /features of each prakriti and Panch vata , panch pitta and panch kapha . (Five sub divisions of each prakriti) . Ayurvedic self- analysis questionnaire

PART-2 Understanding nine planets from the Ayurvedic and Astrological point of view and the planets questionnaire. Details of Rahu – ketu (in scientific terms).

PART- 3 – Astronomy , rules of Astrology (Lagna , degree and Drishti), Solar system , development of Birth chart (Lagna chart) , Ayurvedic Analysis of body , emotions , feelings and relationship charts .

PART- 4 - REMEDIES

-FOOD, HERBS, CONCONTIONS, AYURVEDIC LIFESTYE BASED SCIENTIFIC AND PRACTICAL REMEDIES.\

-YOGA - ASANA, PRANAYAMA , MUDRA , BANDHA AND MANTRA BASED REMEDIES FOR ASTROLOGICAL PLANET BALANCING .

-KARMIC AND KARMA BASED BEHAVORIAL REMEDIES.

PART-5 – PRACTICAL NAVA GRAHA YOGA (ASANA, PRANAYAMA , MUDRA , BANDHA AND MANTRA BASED REMEDIES FOR ASTROLOGICAL PLANET BALANCING).

FOR REGISTRATIONS CALL  **WhatsApp +91 9625779356**

OR Scan the QR Code

