



SRMD YOGA



An Initiative of Shrimad Rajchandra Mission Dharampur



Inspiration

Shrimad Rajchandraji is highly respected for His remarkable exposition of Bhagwan Mahavira's teachings, great spiritual state, extraordinary personality and literary genius. He not only soared high in the spiritual skies but was also instrumental in directing many others to the path of enlightenment.

Propounding the path of Bhagwan Mahavira, an ardent devotee of Shrimad Rajchandraji, Pujya Gurudevshri Rakeshbhai is a spiritual visionary and modern-day mystic. The founder of Shrimad Rajchandra Mission Dharampur, Pujya Gurudevshri has illuminated numerous lives across the globe. Pujya Gurudevshri is enriching humanity through inner augmentation and societal service.

SRMD Yoga

ABOUT US

SRMD Yoga is an initiative envisioned by Pujya Gurudevshri Rakeshbhai as a means to augment a seeker's spiritual progress and well-being by facilitating physical and mental health. Through asana, pranayama, meditation and other yogic techniques, the programme promotes a holistic way of living by aligning one's body, mind and soul.



SRMD Yoga

INTERNATIONAL HEADQUARTERS

The headquarters of SRMD Yoga is located at Shrimad Rajchandra Ashram, Dharampur a spiritual sanctuary nestled on a hillock amidst 223 acres of lush green land.



SRMD Yoga

ACCREDITATIONS

1. Yoga Alliance

SRMD Yoga is a Registered Yoga School-200 Hours (RYS 200) with Yoga Alliance - the largest non-profit association representing the yoga community around the world. Upholding the worldwide growth of yoga through education and community; this programme will train participants to become yoga teachers to offer enriching, ethical and safe yoga instruction and revive the true spirit of this ancient practice.

The Yoga Alliance Registered Yoga School credentials are globally recognised and represent high quality, safe, accessible and equitable yoga teaching in communities around the world. Graduates from the SRMD Yoga School are themselves, a part of the Yoga Alliance as Registered Yoga Teachers too.

2. Associate Centre with Indian Yoga Association

SRMD Yoga is also registered with the esteemed Indian Yoga Association (IYA) as an Associate Centre. Indian Yoga Association is self-regulatory Body of Yoga Organizations. IYA is a maiden attempt to unite all Indian yoga traditions in a common cause and is committed to promotion and advancement of Yoga and its applications around the world. The recognition comes after a thorough review and audit of the management, practices and performance of SRMD Yoga.

3. ISO 9001: 2015 and ISO 21001:2018 Certifications

SRMD Yoga has also been credited two ISO Certifications namely ISO 9001: 2015 and ISO 21001:2018. These certifications imply that SRMD Yoga follows International Standards in operations and practices and is committed to deliver consistent & high-quality services and offer a Quality Management System.

SRMD Yoga is ISO 9001:2015 (QMS) and ISO 21001:2018 (EOMS) Certified

IDY 2021 initiatives supported by:



Ministry of Ayush
Government of India



Registered with:



SRMD Yoga

COURSES

SRMD Yoga Course is a 3-Level journey curated to lead you from basic yoga routines to advanced processes of breath awareness, focus and meditation. This programme is designed to help beginners progress from experimental to experiential levels of Yoga.



Conducted in 5 Languages

English, Hindi, Gujarati, French and Spanish.

High Contact
Small group setting with personalised feedback



Accessible
Virtually
World-Wide

3 DAYS
⌚ 2 HOURS
/ SESSION

SRMD Yoga - Level 1

A 3-Day Basic Course

Build an Essential Practise

Imbibe the basics of asana, pranayama and meditation practice in your daily life with emphasis on mental and physical wellbeing.

Overview of the course:

- Yoga for Stress and Anxiety
- Yoga for Immunity and Flexibility
- Yoga to Cultivate Kindness
- Sound Bath
- Exclusive Q&A with Yoga Trainer

*No Prior Yoga Experience Required



5 DAYS

🕒 2 HOURS

/ SESSION

SRMD Yoga - Level 2

A 5-Day Intermediate Course

Revitalise by focusing on the Five Elements

Centre your mind into a state of focus through guided practices that connect with our 5 core elements – **Earth, Water, Fire, Air and Space.**

Overview of the course:

- Earth: Yoga to Ground Oneself
- Water: Yoga to Embrace Fluidity
- Fire: Yoga to Kindle Courage
- Air: Yoga to Open Your Heart
- Space: Yoga for Inner Expansion
- Exclusive Q&A with Yoga Trainer



7 DAYS
🕒 2 HOURS
/ SESSION

SRMD Yoga - Level 3

A 7-Day Advanced Course

Uncover the Rainbow of Virtues

Discover subtler and deeper practices of asana, pranayama and meditation focusing on the 7 virtues of the Self.

Overview of the course:

- Unique Asana Flows on: Peace, Power, Purity, Happiness, Truth, Love and Knowledge
- Blindfold Yoga
- Advanced Pranayama Techniques
- Plunge into Deeper Practises of Meditation
- Exclusive Q&A with Yoga Trainer



SRMD Yoga

TEACHER TRAINING COURSE

🕒 200Hours

SRMD Yoga is a Registered Yoga School with Yoga Alliance. This implies that participants of this programme can get trained to become yoga teachers and revive the true spirit of this ancient practice.



Course Highlights

Conducted in 5 languages
English, Hindi, Gujarati, French and Spanish.

— ● —
25 residential yoga trainers

— ● —
Hosted at the International Headquarters
Shrimad Rajchandra Ashram, Dharampur.

— ● —
Rooted in spirituality

— ● —
Experiential community service
in rural Gujarat

— ● —
Comfortable, well- furnished
accommodation



Regular Classes and Workshops

1. Weekly Classes

Practise regularly by joining SRMD Yoga weekly classes to increase flexibility, tone the muscles and enhance your holistic health.

2. Workshops for Corporates

Specially Designed Yoga & Meditation Modules to boost productivity and bring peace at work.

***Also conducted in virtual formats**



SRMD Yoga

CENTRES



CENTRES IN INDIA

- International Headquarters- Dharampur
- Mumbai
- Kolkata

CENTRES WORLDWIDE

NORTH AMERICA

- San Francisco
- New York

SOUTH EAST ASIA

- Singapore

EUROPE

- London

MIDDLE EAST

- Dubai
- Muscat

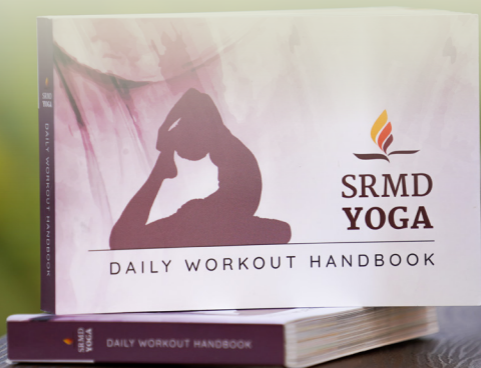
AUSTRALIA

- Sydney

SRMD Yoga

DAILY WORKOUT HANDBOOK

'SRMD Yoga - Daily Workout Handbook' has 7 unique Yoga sequences for every day of the week which encompasses 16 asanas each to cater to all levels of practitioners. Every sequence focuses on a specific body part with pictures and instructions of each yoga posture for easy understanding and practice.





“Yoga is aligning with the
DIVINE and living in
harmony with the world.”

Pujya Gurudevshri Rakeshbhai

Contact Us

Shrimad Rajchandra Ashram
Mohangadh, Dharampur-396050,
Dist. Valsad, Gujarat, India.

Email: contact@yoga.srmd.org

Visit: srmdyoga.org

