

## Other Courses

- 3 Month Certificate in Astrology
- 6 Month Diploma in Astrology
- 1 Year Two Semester Intensive course in Astrology
- Certificate in Palmistry
- Certificate in Peace Education
- Courses in Enlightenment
- Courses in Gita
- Courses in Upanishad

## Integrated Course

All the courses run by the school is integrated towards the process of enlightenment and do resemble as a quality that is to be possessed by and enlightened person. These courses can be integrated and can be done one by one to become to qualify for the highest seat - Gurupad.

The students becomes life long member after completion of the entire course.

The fees payable for the integrated course shall be 50% of the entire fees.

**One-to-one Coaching,  
Classroom &  
Distance Learning,  
Seminars & Conferences,  
Consultancy, Publications,  
Lectures on Demand,  
Workshops, Meditation  
& Social Services**

The Eternal Path Religion is the mother of all the religions present in the world which is also known as Sanatan Dharma. It shows the path of Enlightenment in its true form which has been seemed as lost.

Yoga is the science of holistic development and an important element in the process of enlightenment. It is the science for identification of Jiva with Eshwar.

Lord Sri Kalki School of Yoga offers various intensive courses on practical Yoga to the seekers of wellness and happy life.

Guru Sri Hitendra is an Enlightened Master who has brought the lone path of spiritual enlightenment and has motivated thousands to follow the path of Sanatan Dharma - The Eternal Religion.

He has a vivid knowledge of the entire process of Enlightenment, Yoga, Astrology, Palmistry, Occult Sciences, Transformation, Gita, Upanishads, Vedas, Vastu, Sacred Texts, Information Science, etc...

He believes simplicity and truthfulness can alone make one to qualify for knowledge of Enlightenment.

## Lord Sri Kalki Enlightenment Foundation

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## LORD SRI KALKI SCHOOL OF YOGA

### Courses Offered 2021



Enlightenment is now  
made easy

## YOGA

Enlightenment

Gita

Upanishad

Astrology

Palmistry

Yoga

Peace Education

[www.lordsrikalki.com](http://www.lordsrikalki.com)  
E-mail: [hitendrakt@gmail.com](mailto:hitendrakt@gmail.com)

## Yoga

Practical Yoga or Yogasana is the third element of the Hatha Yoga after Yam and Niyam. Yogasana is vital for a healthy body and helps the learner to develop the art of patience and self control over their senses, mind and body. A four month course of two hours practical per day is enough to learn Yogasana for a new learner, but the advance level also needs patience and practice in front of a learned. The students can learn the intermediary or the advanced level directly through a direct entry only through practical interview. ie. they have to perform all the basic Asanas to go to the next level.

Special classes for needy for different ailments can also be opted where the learned Acharya (Yoga Instructor) gives one-to-one coaching taking care of all the components necessary for the person to become once again to start a healthy life. One-to-one coaching (Male & Female Yoga Instructor) is also available for self and family and for homes/schools/institutions and offices for corporate and individual trainings for different groups.

### 240 Hours of Intensive Special Training

Students gets certificates after completion of the course.

They can become the member of the Yoga Club and may continue to be associated with the school and may continue with their Asanas further for their overall development.

### Yoga Club

	Courses on Yoga	Duration	Class fees in In Rs.	One-to-One coaching in In Rs.
1	Beginner's level in Yoga	1 Month (2 hrs/day)	1000/=	5000/=
2	Intermediate Practices in Yoga	2 Months (2 hrs/day)	2000/=	10000/=
3	Advanced Practices in Yoga	1 Month (2 hrs/day)	2000/=	5000/=
	<b>Total</b>	<b>4 Months</b>	<b>5000/=</b>	<b>20000/=</b>

### Main Features

- 240 hours of special training covering every aspects.
- Fully practical & intensive training.
- Special classes for the needy.
- One-to-one Coaching available.
- Three levels of teaching for all yoga practitioner.
- Focus on Holistic Development of physical health.
- Dealing with injuries and safety precautions.
- Observing, assisting, controlling, informing and correcting of postures.
- Career as a Yoga Instructor & setting up own studio, school or business.
- Building network with other yoga teachers, schools, studios and retreats.
- Students of all classes of society.
- Developing life style and ethics for a yoga practitioner and teacher.



### Special Classes for Senior citizens, Ladies and Obese category

### Contents of the Course

#### Beginner's level in Yoga

- Pawanmuktasana
- Relaxation Asanas
- Meditation Asanas
- Vajrasana Group of Asanas
- Surya Namaskar Asana
- Chandra Namaskar Asana

#### Intermediate Practices in Yoga

- Padmasana Group of Asanas
- Backward Bending Asanas
- Forward Bending Asanas
- Spinal Twisting Asanas
- Inverted Asanas
- Balancing Asanas

#### Advance Practices in Yoga

- Pranayama
- Mudra
- Bandh
- Shatkarma
- Chakras and their relevance