



We welcome your participation in the 'Wellness for Life' program conducted by Jagadguru Kripalu Yog.

This is a very special program that focuses on both the body and the mind for complete healing. The mind is the root of all ailments, and by applying proper mind management techniques, one can effectively cure most of the chronic diseases. You will learn several such techniques in this program, which when applied along with Pranayam and Yogasanas, will rejuvenate your total health. This will help to make the mind and body your trusted friends in the journey of life. This program is based on authentic ancient Vedic teachings.

Please read the following guidelines very carefully to prepare yourself for the program.

1. As a general rule, you should receive consent from the doctor before participating in this or any other yogic program. If your BP is above 160, it is advisable not practice the Yogasan part of the program.
2. Please have your weight, BP, Sugar level, and other health checks done before and after the program, to measure the benefits.
3. Yogic exercises are best done on an empty stomach. Please do not eat anything 3 hours before the Yoga session. Do not drink any juice or beverage. Water can be taken about 1 hour before the session.
4. Participants should refrain from consuming non-vegetarian food and alcoholic drinks during the complete period of the program.

### **Recommended Dress**

Please wear loose fitting clothes.

Suitable clothing for men - kurta pyajama, track suits, or loose pants and shirts/T-shirts.

Suitable clothing for women - salwar kameez or track suits, etc.

Please wear the least amount of jewellery. In particular, please avoid wearing a nose ring for your convenience in the Pranayam exercises.

It is advisable not use socks or stockings.

### **Yoga Mat**

You will need a 3' X 6' mat or blanket about ¼ " thick, on which to sit or lie down comfortably.

Children below the age of 12 years are not allowed to participate. Children between the ages of 12 years and 18 years must either have a written permission from their parents, or must be accompanied by either parent.

The program will begin and end on time everyday. We suggest that you should arrive 15 minutes in advance to take full benefit.

Yoga Mats or Blankets will not be provided at the venue.

Best Wishes,  
JKY Team