



### SOUND THERAPY

REDUCE ANXIETY, RELEASE STRESS,  
IMPROVE INSOMNIA, REDUCE BODY/JOINT PAIN,  
RELAX MIND, BALANCE HORMONE

### SHANK PRAKSHALANA

- INCREASE DIGESTION SYSTEM,
- RELIEVES GAS, CONSTIPATION
- RELIEVES DIABETES
- SMOOTHENS SKIN
- CONTROL ACIDITY, INDIGESTION
- HEALTHIER BODY AND MIND
- STOPS FAT INCREASE

### REGULAR YOGA CLASSES TIMINGS

Morning: 6:00 AM to 12:00 Noon  
Evening: 2 PM to 5:00 PM

### TEACHERS' TRAINING YOGA CLASSES

Morning : 7 AM to 4 PM (Any Two Hours)

## WE TREAT YOU LIKE OUR OWN

We are a one-of-kind multispecialty hospital from Ahmedabad, Gujarat. By Integrating the precision of modern medicine with the legacy of Ayurveda and yog, we aim to build a healthier & holistic community. With quality and ethics as our values, we stay transparent in every possible way to our patients.

Apart from the holistic nature of our practice, we house A-listed doctors from the healthcare industry of Ahmedabad. We might be known for our affordable healthcare services but under the veil of those services, we want to treat and care for patients like our own. We forge a strong doctor-patient relationship through our responsible care and holistic approach. We aim to become a symbol of trust and care in the healthcare industry of Ahmedabad.



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ALLOPATHY



AYURVEDA



YOG



## YOGA AND SPIRITUAL HEALING CENTRE

### WHY IS SGVP YOG SPECIAL?

SGVP Yoga Centre is the only place where we teach Iyengar Yoga -the Yoga Sutra written by Patanjali. This is a type of Hatha Yoga in which emphasis is on Asanas and Pranayama and more than 200 Yoga Mudras and 14 types of Pranayam coming together here. Iyengar Yoga utilizes props like belts, blocks, Bolster, Ropes, etc. enabling people from the age of 9 years to 90 years and even those who have never done Yoga in their life, to do Yoga with ease & confidence and let them be benefitted by its positive outcomes. There are various specific services for different purposes available at our Yoga & Spiritual Healing Center.

#### 1) REGULAR FITNESS YOGA

This is the type of Yoga focused on improving your day-to-day life by increasing stamina & immunity as well as making you feel more energetic. It relieves stress, reduces anxiety, treats insomnia & strengthens your muscles to provide you with visible results in your daily functioning ultimately letting you live a more productive & healthier life.

#### 2) YOGA FOR CURE

Whether it's a pre-existing illness like diabetes, high/low blood pressure, thyroid, obesity, indigestion, heart/kidney problems or any issues that you've been facing due to certain unfortunate, accidental events like chronic pains, depression, joint pains or any other issues, we have a solution to each of them! We treat you with Iyengar Yoga and catalyze your healing to help you achieve better physical & mental health with Iyengar Asanas & Pranayam.

#### 3) TEACHER'S TRAINING COURSE (Approved By International Yoga Alliance)

Want to teach what you preach? Here's the best way to do it! Enroll yourself into our specialized Teacher's Training Course where you shall learn Traditional Yog, Hatha Yoga, Physiology, Anatomy, Iyengar Yoga (with prop), Yoga with music and 7 different types of meditation & relaxation.



TRESTLER



VIPAREET DANDASAN



SHEERSHASAN ROPE

### BENEFITS OF YOGA AND SPIRITUAL HEALING

Removes the negative thoughts and creates a positive outlook.

Reduces stress & depression and improves memory.

Yoga helps in the treatment of joint pains especially in the neck, back, knee etc.

Helps controlling the blood sugar level which is not managed effectively by medicines.

You can control problems like high blood pressure, increased fat deposits in the body, headache (Migraine) and Asthma.

It improves lung functions and also helps in eliminating the toxins from the body.

### SPECIAL CHARACTERISTICS OF THE YOGA CENTRE

Spiritual Yoga Centre spread across 1800 sq. ft.

Guidance for yoga studies by yoga consultant Hetal Desai, holding more than 20 years of experience.

Treatment through best Iyengar Yoga technique.

Special training and courses for Yoga Teachers on Ashtang Yoga & Iyengar Yoga techniques.

Yoga done using special props like belts, blocks, chairs, ropes & wooden equipment.

Specially designed Yoga & Meditation for patients & their relatives.

