



SHRI KRISHNA
YOGASHRAMA



Sanjeevini Ayurveda
and Holistic Centre

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Long Term courses

- Divya jeevana yoga camps (11 days)
- Swasthya sanjeevini punaschetana camp (15 days)
- Poorna yoga camp (21 days)
- Yoga shikshak training camp (30 days)
- Kundalini Yoga

Healing Courses (One day Programmes)

- Reiki I, II III
- Cosmo Reiki
- Hypno Reiki
- Melchizedic Healing
- Pendulum Healing
- Aura Healing
- Aroma Healing
- Psychogram healing
- Pranic healing 1, 2
- Siddha healing
- Shamnic healing
- Pyramid healing

Daily practicable Wonderful dhyana tantra's

- Darpana dhyana
- Soham dhyana
- Ajapa japa dhyana
- Hamsa dhyana
- Gayatri dhyana
- Omkar dhyana
- Sarvam shivamayam dhyana
- Kala bhairava dhyana
- Sufi dhyana
- Mettilu dhyana
- Guha dhyana
- Bindu dhyana
- Shava dhyana
- Mahamai kundalini dhyana
- Bramha dhyana
- Baloon dhyana
- Vishwa prema dhyana
- Mrityunjaya dhyana
- Shambhavi dhyana
- & more

Wonderful Deeksha's offered in Ashrama

- Shishyatva prapthi deeksha
- Yogamaya alpha dhyan deeksha
- Maranagamana gnana deeksha
- Roga vimukthi deeksha
- Tantra badha suraksha deeksha
- Chaitanya deeksha
- Bhairavi deeksha
- Akala mrityu sanjivini deeksha
- Maha mrityunjaya deeksha
- Mahamantra gayatri deeksha
- Prajnavivardhana deeksha
- Mahashabari deeksha
- & more

Short Term Dhyana Camps (Frequently conducted)

About 60 different courses are offered in the ashram and the following list shows the frequently conducted camps.

- Markaba dhyan camp
- Shambala dhyan camp
- Suphi dhyan camp
- Chakra dhyan camp
- Vishwa prema dhyan camp
- Nataraja dhyan camp
- Mandala dhyan camp
- Sankya Yoga camp
- Darpana Yoga camp
- Mudra Yoga camp
- Nadanu Sandhana Yoga camp
- Alpha Yoga camp
- Jeevana Darshana Yoga camp
- Lambica Yoga camp
- Taraka Yoga camp
- Prarthana Yoga camp
- Soham dhyan camp
- Kechary Yoga camp
- Kriya yoga camp
- Ananda Samadhi and bhava Samadhi yoga camps