

# 3<sup>rd</sup> International Conference and Exhibition on **Traditional & Alternative Medicine** August 03-05, 2015 Birmingham, UK

## Rajayoga meditation – Key to perfect health and longevity

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Rajayoga is an ancient practice, popularised by the Indian Sage Pathanjali, which comprises of 8 limbs, namely *Yama* (Abstaining from unhealthy habits), *Niyama* (Adhering to healthy habits), *Asana* (postures for meditation; also includes yoga practices), *Pranayama* (Breathing Technique), *Prathiyahara* (The attempt to control the mind), *Dharana* (The ability to control the mind), *Dhiyana* (Meditation) and *Samaddhi* (Superconsciousness). Rajayoga requires the practitioner to retain within one's self the life force called the *Prana* through the practice of *Pranayama*, which is the key to optimal health and longevity. Coupled with meditation, one actually activates all the energy centres in one's body (called the Chakra), with which constant practice leads to perfect health and disease-free state. We would like to take the opportunity to describe the state-of-the-art Rajayoga technique tailored for current era by our Guru, the world renowned Siddha, Yoga Jnana Sitthar Om Sri Rajayoga Guru (Sri Dr. V. Balakrishnan), who resides in Malaysia and undertakes to teach people from all over the world; the ancient practice of Rajayoga in a simplified and easy-to-follow manner. Real life testimonies of practitioners who have used this technique for health and seen tremendous changes will also be presented.

### Biography

Seethalakshmy A expertised in Rajayoga Power Trranscendental Meditation Society, Malaysia and she is practising the techniques of meditation, healing, sub conscious mind programming, negativity remover and Divine Shield for the past 7 Years. she has been empowered with Kundalini awakening and the art of Pranic Energy Retention by the World Leading Siddha of Yoga, Divine Wisdom and Meditation Practice.

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