

KNOW YOUR EXPERT



The first **Yoga Oncologist** in the world, **Jitender K Sahdev** completed his M.B.,B.S. degree in Modern Medicine in 1987 in India and is a registered Physician in India. He got training in General Surgery, Ambulatory Surgery, Urology, Obstetrics and Gynecology, Endoscopic Surgery, Neurosurgery, Surgical Oncology, Peripheral Vascular Surgery, Neurosurgery, Orthopedics, Anaesthesia and did a small stint in Cardiothoracic Surgery as well.

He started learning Yoga at a very early age. He also pursued his interest in other healing modalities & received advanced training in Yoga, esp. advanced pranayama & meditation techniques, Ayurveda, Ayurvedic abhyanga, gharshan, foot massage (Kerala massage), marm bindu chikitsa, panchakarma, shatkarma and many other Yogic and Ayurvedic procedures at various schools and ashrams in India & completed doctorates in Alternative Medicine.

With over four decades of experience in Yoga & Ayurveda and more than three decades of experience in Modern Medicine, he has a wealth of experience in healing sciences. He has practiced as an advanced registered Yoga Teacher, Yoga Therapist, Yoga Oncologist, Meditation Teacher and Ayurveda consultant in Canada since 2010. He also specializes in Pre-Natal Yoga & Children's Yoga.

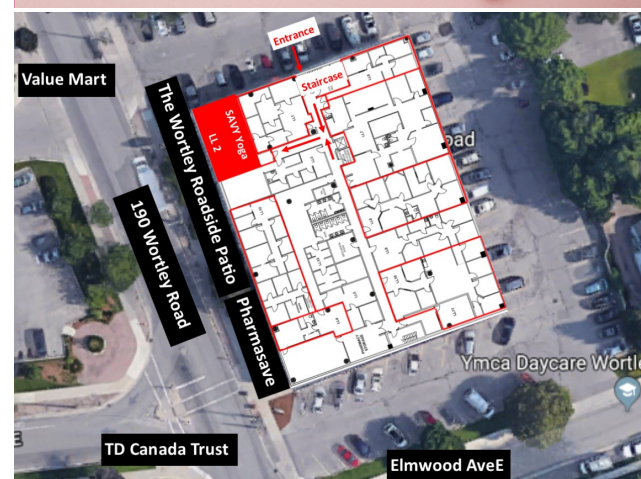
SAVY International Inc. - an **ISLAND OF EXCELLENCE** for Yoga, Yoga Therapy, Ayurveda, Meditation and Healing Sciences, is the **oldest RYS 200 & RYS 300 yoga school** in London registered with Yoga Alliance, USA, & with World-wide Yoga Alliance, Canada for Yoga, Yoga Therapy, Ayurveda and other specialized Teacher Training courses. Some of the major areas of our interest are:

- **Group/ Semi-Private/ Private Sessions: Yoga- Pranayama, Pratyahara & Meditation** sessions for all levels of learning and Positive Health.
- **Workshops** on Yoga for Face, Trauma Release, Mudras, Mood Disorders, Mental Health, Degenerative Nervous System Disorders, Cancer Care, Kriyas, Mudras, etc.
- **Yoga Nutrition/** Ayurvedic/ Yoga Cookery Classes
- **Vedic Meditation**, Mindfulness & Breathing-Based Healing (MBH), Trauma Release Yoga (TRY), Fibromyalgia, Breast Cancer Care, Shambhavi
- **Registered Teacher Training Courses in Yoga, Yoga Therapy, Meditation, Pranayama** and more,
- **Wellness Coaching:** Vedic Meditation, Yoga Therapy, Ayurveda, Yoga Psychology Counselling, Life Coach, Marm/ Mantra Therapy etc.
- **Goal Achievement**, Stress Management, Smoking Cessation, Fears, Phobias etc.
- **Yoga Retreats**

- ◇ SAVY Yoga routines guide you gently from your present level of fitness to the next!
- ◇ Routines for beginner, intermediate and advanced students.
- ◇ Authentic, traditional, comprehensive, **Ashtanga** Yoga routines with profound healing effect
- ◇ Safe and Authentic Ashtanga & Vinyasa Yoga from India
- ◇ Clear, concise, to-the-point instruction to avoid injuries
- ◇ One of the most qualified & experienced faculty in the world
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WHAT IS YOGA?

Yoga Classes	Registered Teacher Trainings
Yoga Therapy	Ayurveda

LEARN & EXPERIENCE

TRUE TRADITIONAL ASHTANGA YOGA

- 'THE' YOGA FOR EVERYONE!

What is Yoga?

If you think about the time you spend on your Yoga mat, you're generally completely focused in the moment - where do I put my arms, where are my feet supposed to be, how do I breathe - your body and mind are completely involved, aware of and connected to each other in that moment. In simple terms, this is what Yoga does - it brings you into the 'here and now' connecting body and mind.

Etymologically, Yoga comes from the verb 'yuj' or yoking - it is yoking of the body to the mind or *manas*, extending it to the higher intelligence, meditative mind or *dhi*. Yoga helps you control the lower mind and awaken the higher intelligence. This is the original Mind - Body science!

Yoga is based on *Sankhya* school of Vedic philosophy, which is mostly atheistic. So, any attempt to label Yoga as a religion, or even a religious practice, is completely misplaced & based on an uninformed and erroneous opinion.

Yoga is a science meant for the good of all humanity.

The science of Yoga comes from ancient India. Scientists believe that it is more than (?) 5,000 years old. Over thousands of years, this knowledge was transmitted orally through *Guru-Shishya Parampara* (Teacher-Disciple Tradition). Indus Valley stone tablets from 3000 BC depict some Yoga poses. The first written references to Yoga are found in *Rig Veda*, believed to have been written in 1800 BC, the oldest text in *Vedic* language - the mother of most Indo-European languages including English.

Indian Yogis coming to the west in 19th century introduced and popularized Yoga in the west. Over the years, *Yoga Asanas*, the Yoga poses, gained more acceptance as a form of physical exercise, that promote better control of the mind and body and enhance well-being. In last few decades, many other aspects of Yoga lifestyle, including but not limited to, *sattwik diet* or predominantly plant-based diet, *upvas* or fasting, *vrata* or vow, *asanas*, the Yoga postures, *pranayama*, the breathing practices, *dhyana*, the meditation techniques, *Yoga Nidra* or relaxation techniques, *Surya Tratak* or Sun Gazing, *Nada Yoga*, *Neti* or nasal irrigation etc., have been investigated scientifically, only to confirm the age-old claims of Indian Yogis about the beneficial effects and healing potential of Yoga, Yoga lifestyle, *Shatkriyas* and other Yogic procedures.

Yoga has mainly **6 classical paths** with one goal: *Hatha*, *Raja*, *Bhakti*, *Gyana*, *Kriya* & *Karma Yoga*. There are many different **styles of Hatha yoga**: Iyengar, Yogashala, Bikram, Sivanand, Kundalini, SAVY etc., which sequence *asanas* in different ways and may combine them with some breathing practices, relaxation techniques etc.

Patanjali's Ashtanga or Eight Limbs of Yoga

The best-known system of Yoga is Patanjali's Ashtanga, or the eight-stepped, Yoga. Around 600 BC, Maharishi Patanjali compiled and organized knowledge about Yoga from older traditions in 196 *sutras* or verses in his authoritative text 'Yoga Sutras'. It brings together some of the ancient traditional practices and describes the science and practices of Yoga, the obstacles on your journey & how to transcend them, and the results you may obtain from regular practice. Patanjali's Yoga Sutra describe '*ashtanga*' or *the eight-fold path*. Each step acts as a guide on how to maintain a meaningful and purposeful life incorporating moral and ethical codes, self discipline and mindfulness for our overall health. **Read Dr Sahdev's translation of Patanjali's Yoga Sutras for more on this topic.**

Ashtanga - The eight steps of yoga

According to Patanjali, thorough and constant adherence to the eight steps of Yoga allows the Yogi to purify the body and mind, calm the fluctuations of the mind and finally reach enlightenment. Carry out an integral practice that covers all aspects of life in thought, word & deed. Only with refinement and evolution through each of the eight steps can liberation be finally achieved. These eight steps are:

Yamas These are the moral codes, the 'don'ts', that allow us to live in harmony with ourselves and society. These are five:

- ◇ **Ahimsa**: Non-violence towards one and all.
- ◇ **Satya**: Always stand for the truth.
- ◇ **Asteya**: Non-stealing.
- ◇ **Brahmacharya**: Do not waste energy.
- ◇ **Aparigraha**: Abstain from greed.

Niyamas These are the codes or behaviors that purify the relationship we establish with ourselves. There are also five:

- ◇ **Shaucha**: Purity of the body, the mind and the word.
- ◇ **Santosha**: Contentment in what you possess.
- ◇ **Tapas**: Spiritual observances - austerity and discipline.
- ◇ **Svadyaya**: Study and cultivate self-knowledge.
- ◇ **Ishvara Pranidhana**: Practice devotion & service.

Asana Yoga Postures. This is the physical part of the yoga practice, in which we train the body observing *Tristhana* and focus the mind through a series of postures, preparing the body for balance, stability, strength, flexibility and ease in practice.

Pranayama Breathing Practices. These are for awareness, control and expansion of *prana*, or the vital energy. It works through breath with various techniques of varying difficulty and intensity. These practices relax, stimulate or stabilize.

Pratyahara Sense Withdrawal. This is the practice of mental Yoga through the control of the senses, to turn the senses inwards. It consists of neutralizing the inputs that come from the senses, disconnecting from external information and fo-

cusing all our attention on one sense at a time, physically as well as mentally.

Dharana Concentration. This is effortless focused attention, training the mind to meditate. When we take total attention inwards, we often discover the thoughts that disturb our mind. To stop this fluctuation, we use different techniques, learning to take all our concentration towards one point. Fixing the mind on an unwavering point helps to avoid distraction and prepares us for meditation.

Dhyana Meditation. When we manage to maintain a continuous flow of focus without distractions long enough, we enter a state of meditation. It involves developing becoming observers of ourselves and the mind at all times.

Samadhi Contemplation. Transcending the physical body, this is a state of non-duality, of becoming one with everything & everyone, realizing the knowledge of the Absolute and moving through *Savikalpa Samadhi*, *Nirvikalpa Samadhi*, *Sahaj Samadhi* to the ultimate stage of *Dharmamegha Samadhi*.

SAVY Yoga

SAVY style of Yoga offers one of the safest and most complete Yoga routines under the guidance of well-trained, experienced and qualified faculty. It is a low-impact and safe practice. Injury due to Yoga should be infrequent and severe injury due to Yoga should be very rare, but anyone who is pregnant or has a medical issue, e.g., hypertension, glaucoma etc., should talk to the healthcare practitioner before starting Yoga; some yoga poses may need to be altered or avoided. Beginners should avoid extreme poses and difficult techniques, such as headstand, lotus position, and forceful breathing. When using yoga to manage a condition, do not replace conventional medical care with Yoga or postpone seeing a healthcare provider about the medical problem.

SEE YOU ON THE MAT!

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