

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, Marma/ 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!
- ◇ 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
- ◇ **The most qualified & experienced Yoga faculty in Canada**
- ◇ One of the most qualified & experienced faculty in the world
- ◇ Routines perfected with more than 3 decades of experience in **Modern Medicine, Alternative Modalities, Ayurveda & Yoga**

GENTLE YOGA

BREATHE - CONNECT - STRETCH

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YOGA

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Tranquility Breath[®]

(A Part of Dr Sahdev's 'Breathe and Heal' Therapy*)

Yoga Classes	Registered Teacher Trainings
Yoga Therapy	Ayurveda

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- 'THE' YOGA FOR EVERYONE!



SAVY International Inc.

Programs Designed By A Physician Trained in Modern Medicine & Yogic Sciences

Vedic Meditation - Tranquility Breath®

**START YOUR JOURNEY OF A POWERFUL TRANSFORMATION
WITH JUST 5-MINUTE PRACTICE!**

We are thrilled to offer workshops in **Tranquility Breath®**, a simple Pranayama or Yogic breathing practice and an effective mindfulness and meditation technique in Yoga. **Tranquility Breath®** is incredibly simple to practice and offers profound benefits for physical as well as mental health, as documented scientifically.

Breathing is central to life. Breathing is also a 'beeja', a key element in mindfulness and meditation. Thousands of years ago, Yogis noted the value of this Yogic knowledge to the functioning of the body and mind, and honed their skills to improve well-being as well as for spirituality.

Modern Science has confirmed the usefulness of those notions multiple times. Research has shown that such breathing directly affects the levels of nor-adrenaline, a natural chemical messenger in the brain. This chemical messenger is released when we are challenged, curious, exercised, focused or emotionally aroused, and also acts like a brain fertilizer. Another study showed that levels of gamma-aminobutyric acid (GABA) increased after a trial of controlled breathing; GABA is important because of its anti-anxiety effects. Yet another study showed that lower levels of cytokines were found after Yogic breathing; these are linked to inflammation and stress.

Mindfulness increases cortical thickness, thus improving memory, other cerebral functions and conscious control over the body and mind, activates pineal gland and balances hormonal secretions of the pituitary gland, thus creating a better optimized milieu interior, regulates tone of vagus nerve, the longest nerve in the body, the master controller of our immune cells, viscera, and stem cells, and creates a balance between Sympathetic Nervous System and Parasympathetic Nervous System. It optimizes body immunity. It helps release any negativity, trauma or stress in the subconscious mind.

Tranquility Breath® balances the nervous system and brings order to the disordered emotional state. It improves the function of every single bodily system and is effective against multiple issues, including stress, anxiety, insomnia, trauma and so on. These techniques are safe

and easy to use.

Who should attend

Tranquility Breath® is for anyone looking to have better cognitive function, heightened focus, decreased mind wandering, better intuition, reduce stress, decrease anxiety, improve sleep, enhance awareness and well-being, have better heart, brain, social, digestive or general health, reduce inflammation or any of the myriad of other benefits.

What it includes

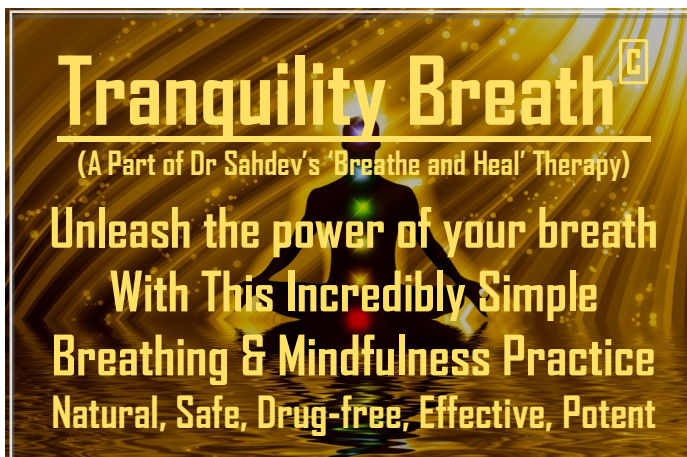
The program includes **Tranquility Breath® Core Course** and **Tranquility Breath® Practice Sessions**. These sessions offer:

- guided instruction on breathing technique
- guided instruction on mindfulness
- body awareness routines
- instruction on how to apply mindfulness to daily life
- group guidance, group process and peer support (in group sessions)
- daily assignments for home practice
- audio recordings for daily home practice sessions (incorporate these into your daily life after completing the workshop)
- a home practice manual

LEARN ACCURATE TECHNIQUES FOR BEST RESULTS

The SAVY Advantage

You get to learn the correct and effective techniques with **one of the most qualified and experienced Yoga faculty in the world**; the Faculty is headed by **Dr Jitender K Sahdev**, the first **Yoga Oncologist® (Cancer Care Yoga® Specialist) in the world**;



he has over four decades of experience in Yoga & Ayurveda and more than three decades of experience in Modern Medicine. All this unique wealth of knowledge and experience in healing sciences has been used to design this wonderful and very effective program.

COME FOR A FREE INTRO TALK

Benefits

Tranquility Breath® helps you become the best version of yourself. It makes you more mindful and aware. And you do that effortlessly. It has many benefits.

- Reduces stress
- Reduced anxiety
- Heightened Focus
- Less Mind Wandering
- Helpful in trauma, PTSD
- Better social coherence
- Better blood glucose control
- Better blood pressure control
- Improved parasympathetic tone
- Enhances cardiovascular efficiency
- Improved heart rate variability (HRV)
- Significant cognitive function improvement
- Improved brain functioning necessary for innovative thinking
- Better attention regulation and mental clarity
- Energizes and enhances concentration
- Enhances nervous system function
- Enhances digestive system function
- Better Heart-Brain Communication
- Better sympatho-vagal regulation
- Reduced inflammation
- Weight management
- Enhanced resilience
- Enhances sleep
- And more....

No previous experience is required to learn this technique.

Tranquility Breath® technique will help you to deeply relax and more importantly support the re-balancing of your nervous system, whether you are a seasoned yogi, a wannabe, a newbie, or a yoga professional.

JOIN US TODAY TO BEGIN YOUR JOURNEY!