



# FREE YOGA THERAPY CAMP

Yoga therapy incorporates yoga-based practices to promote healing and enhance physical, mental, and emotional well-being.

We Invite all to take benefit of this free camp aimed to provide personalized yoga therapy to meet individual needs through movement, breathwork, and relaxation techniques

## Who can attend ?

Individuals with  
Back Pain  
Arthritis  
Diabetes  
Obesity  
Hypertension  
Thyroid disorder  
PCOS/PCOD  
Sleep Disorder

## What to expect ?

Free Doctor Consultation  
Personalized yoga practices  
Expert guidance  
Pranayama and Relaxation techniques

HOD

Prof. Bhavatosh Indra Guru

Start Date: 20th May. 2025

Duration: 10 days

Time : 2- 4 Pm(Monday -Friday)

Venue: Maharishi Patanjali Bhavan,

Department of Yoga Education, DHSGSU

Contact & Register

Co-ordinators

Dr Meenakshi- 6360064465

Dr Mahendra Kumar Sharma -9461041792

Organized By:

Department of Yoga Education

Doctor Harisingh Gour Vishwavidyalaya, Sagar (M.P.)