

SSY

Science of Silence Yoga

Power of Silence



Do you experience shortage of time?

Do you wish for better communication with your partner, your boss, your colleagues and family?

Do you wish for better health?

SSY program can make all these possible !

- A clear understanding of positive / negative /zero energy foods, for detoxification and weight correction.
- Breathing exercises, to reverse chronic ailments and achieve immunization.
- A stretching regime to tone up the muscles and activate the joints.
- A unique meditation technique, to slow down thought process and balance the mind.
- Interactive sessions on basic concepts: Relationships, Leadership initiatives, How to be happy 24/7 through enhanced living.
- With a supervised schedule, participants are able to monitor their progress.
- Organic juices & dinner after the session to detoxify the body & for weight reduction.
- A beginning of new life where everything and every situation is "OK".
- A powerful shift in thought process that enables you to love, care & respect yourself and others.

SSY

Australia

Lifestyle Upgrade Program

Offers Science of Silence Yoga again in Melbourne (6th batch), a 10 Day's Joyful Journey to learn power of breathing, meditation and healthy eating habits.

Program Schedule

VENUE:

M.A. Centre Hall, 842 Frankston-Dandenong Road,
Carrum Downs, VIC 3201

Weekend Class - 9:00 am to 5:00 pm
30th September, 1st, 7th* & 8th October 2017

Weekday Class - 7:00 pm to 9:30 pm
2nd - 6th and 9th - 11th October 2017

***Initiation (both batches together)- 9:00 am to 5:00 pm**
7th October 2017

Advance Meditaion Course (AMC)

Weekend Stay-in Retreat: 13th - 15th Oct 2017
(Optional for those who attended SSY, inevitable to achieve full benefit)

Fee: \$300 per person and \$500 for Couple

Contact SSY Australia Co-ordinators:

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The Founder Guruji Shri. Rishi Prabhakar

Shri Rishi Prabhakar Guruji was a computer scientist, aeronautical engineer, management expert and an active environmentalist before renouncing everything to dedicate himself to the service of humanity.

He founded Rishi Samskruthi Vidya Kendra (RSVK), an organization based in Bangalore through which he offers life-changing programs to the community, namely Siddha Samadhi Yoga (SSY), Advanced Meditation Course (AMC), Bhav Samadhi Training (BST), Kayakalpa kriya, Hundred Percent Memory and other related programs which are actively practiced by more than 3 million participants worldwide.

His programs are easy to learn and implement and integrates ancient concepts with science.

The Teacher: Shri. Rajesh Guruji

Like all sciences, our programs require a Teacher, a Guru, to impart this knowledge. Shri Rajesh Guruji is one such Gurul

A direct disciple of the founder, Shri Rishi Prabhakar, Rajesh Guruji has been living in this culture for 23 years and has undergone several years of training under senior Teachers, before embarking on spreading this great knowledge to the world.

He has trained over 50,000 participants in India, Nepal, China, Switzerland, London, Lebanon, South Africa and Botswana. Hailing from Karnataka, India, he lives in UAE, managing the SSY Center in the UAE, which has changed the lives of over 15,000 people in UAE alone.

