



If you want to be healthy do healthy things,  
if you want to be happy do happy things

*- Swami Gitananda Giri -*



# GITANANDA YOGA CHIKITSA

THE SCIENCE & ART OF YOGIC HEALING



Contact Us!



[nilachal@liveholistic.in](mailto:nilachal@liveholistic.in)



# SECRETS OF YOGA THERAPY 2.0

ONE WEEK AWARENESS PROGRAM FOR ALL,  
A DOORWAY INTO GITANANDA YOGA CHIKITSA

13<sup>th</sup> - 19<sup>th</sup> September 2025



Live on Zoom



For more information email Mr. Nilachal :

[nilachal@liveholistic.in](mailto:nilachal@liveholistic.in)

4.30-6 PM (IST)





**STARTS on**  
**2<sup>nd</sup> October 2025**



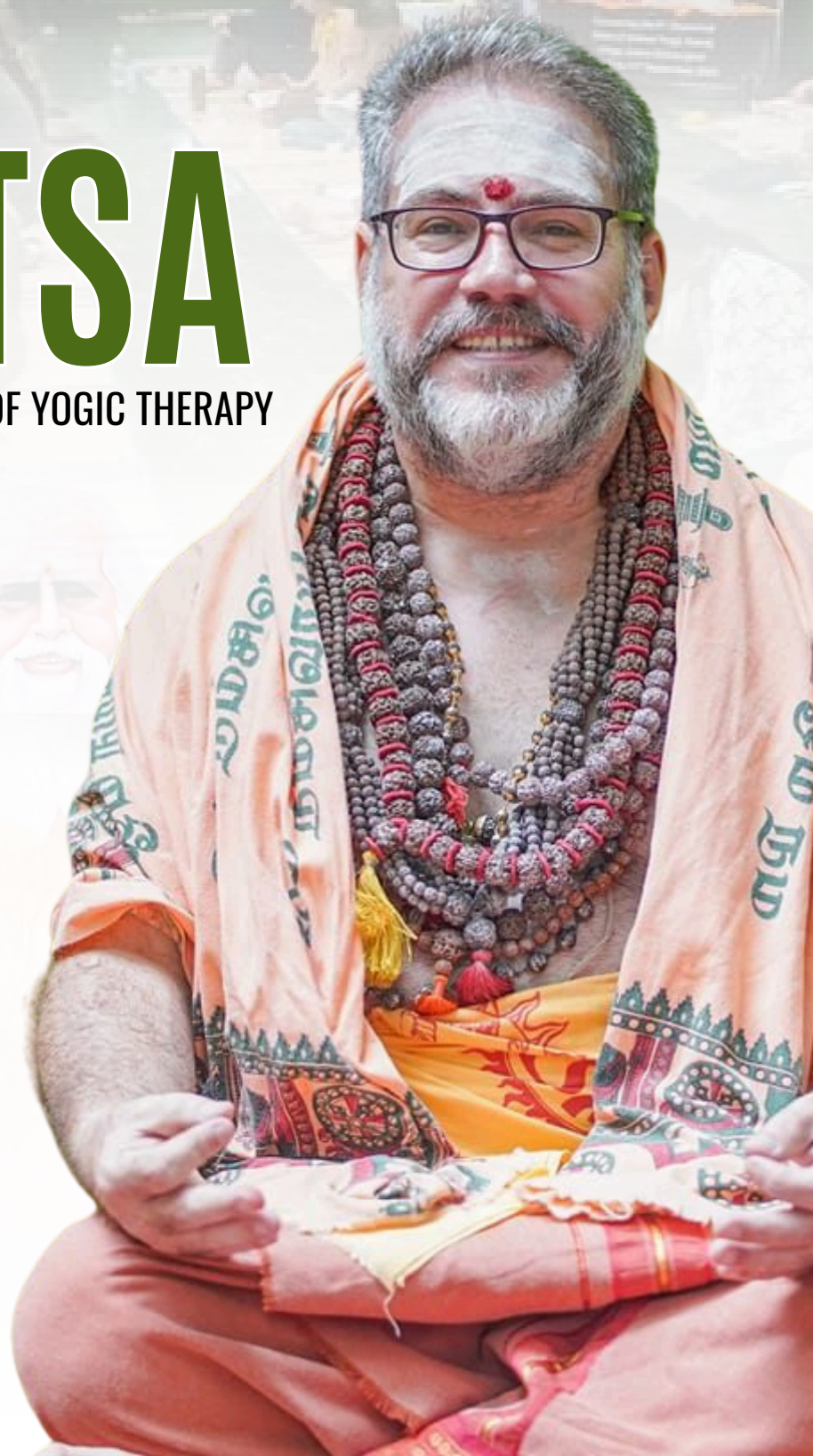
 **Hybrid Mode**

# **GITANANDA** **YOGA CHIKITSA**

A ONE-YEAR JOURNEY INTO THE TRADITION, SCIENCE, AND PRACTICE OF YOGIC THERAPY

## **FROM THE LIVING GITANANDA** **YOGA TRADITION**

Rooted in the Rishiculture Ashtanga (Gitananda Yoga) tradition, this hybrid training blends ancient wisdom with structured Yoga Therapy. Through online learning, residential workshops, and case studies, participants will gain practical tools in assessment, therapy, and lifestyle management. This will empower them to heal and transform lives through authentic Yoga Chikitsa.



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What is

# YOGA CHIKITSA ?

Yoga Chikitsa, or Yoga Therapy, is the ancient science of restoring balance, resilience, and health through yogic practices. Unlike symptom-based treatments, it explores the root causes of imbalance in body, breath, mind, emotions, and spirit and applies humanistic approach. Yoga re-establishes harmony through awareness, practice, and lifestyle.

It is as old as Yoga itself. Swami Gitananda ji called it **“the first therapy – the return of the mind that feels separated from the universe.”** Maharshi Patanjali described the kleshas as the roots of suffering while the goal of Yoga Chikitsa is **sukha-sthanam**, which is a dynamic state of wellbeing in body, mind, and spirit.

The tools are many: asana, pranayama, kriya, mudra, bandha, mantra, meditation, diet, relaxation, and dharmic living. But the essence is one: to remove disharmony at its root, restore balance, and guide us toward wholeness and liberation.



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What is

# YOGA CHIKITSA ?

***“Yoga Chikitsa is the oldest wholistic therapy in the world... man’s first attempt at unitive understanding of mind, emotions, and physical distress.”***

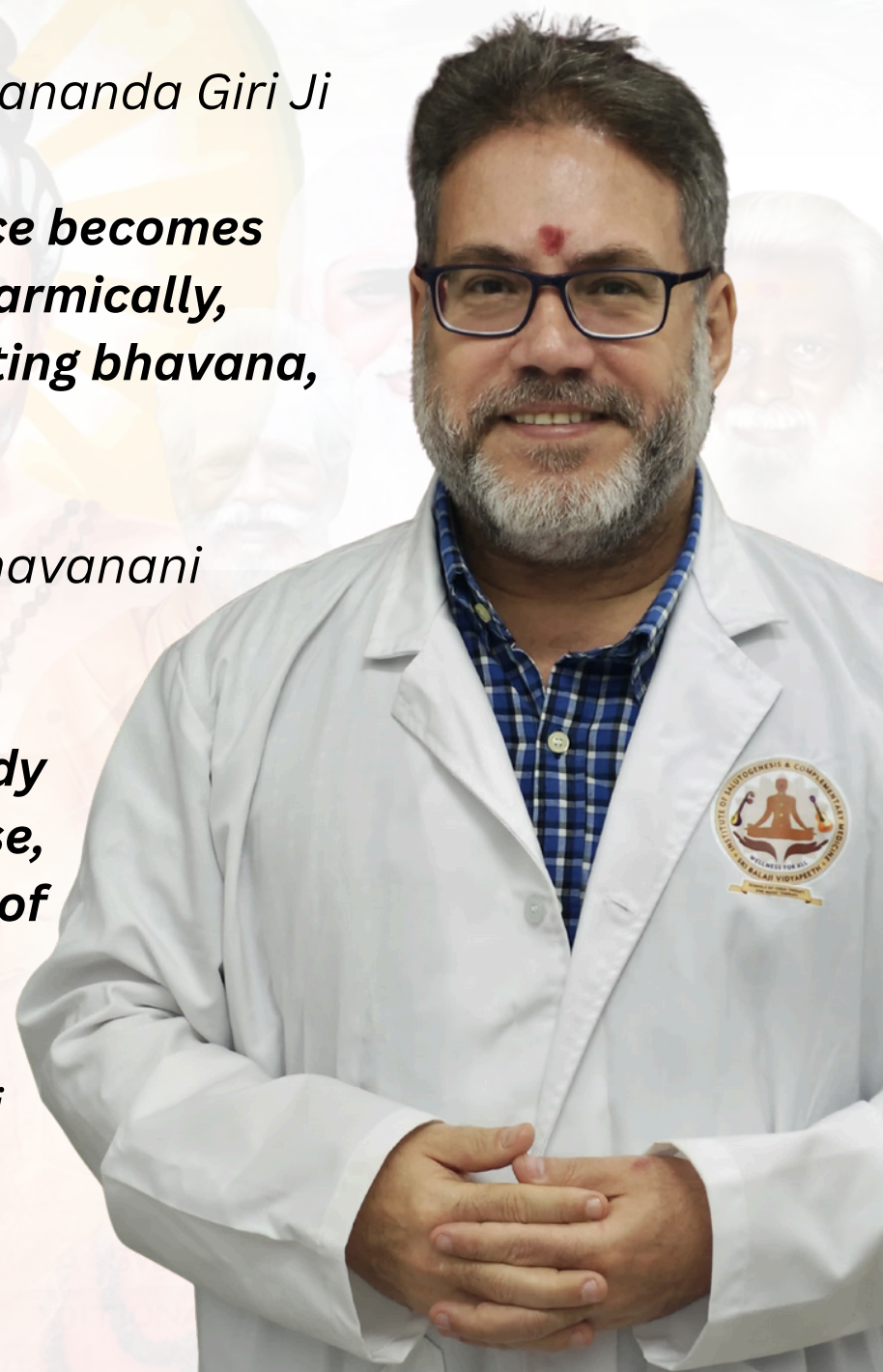
*– Yogamaharshi Swami Gitananda Giri Ji*

***“Adhi becomes Vyadhi – psychic disturbance becomes physical disease. Real therapy is living dharmically, regaining harmony of the koshas, and cultivating bhavana, the right attitudes.”***

*– Ammaji Yogacharini Meenakshi Devi Bhavanani*

***“Yoga Chikitsa is the original mind–body medicine. Its goal is not the absence of disease, but sukha-sthanam—dynamic wellbeing of body, prana, and mind.”***

*– Yogacharya Dr. Ananda Balayogi Bhavanani*



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# WHO IS THIS COURSE FOR?

- Yoga teachers seeking therapeutic depth.
- Health professionals integrating Yoga into wellness.
- Dedicated practitioners passionate about holistic healing.

## COURSE JOURNEY & DETAILS

- **Module 1: Foundations** – History, Yogopathy, yogic anatomy, Ayurveda
- **Module 2: Application** – Adhi-Vyadhi, Yoga Drishti, Therapy planning.
- **Module 3: Advocacy** – 12-Point Diagnosis, Salutogenesis, Holistic Health
- **Module 4: Integration** – Lifestyle disorders, Stress & Pain Management

“Therapy is not technique, it is a way of life,  
transforming habits and samskaras.”

- Ammaji



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## Residential Intensives

- **1st Semester Residential (Month 6):** 10 days – March 2026
- **2nd Semester Residential (Month 12):** 10 days – September 2026
- **Residential Components:** Therapy practicums, 12-Point Diagnosis,, condition-based Yoga Chikitsa, ISCM visit, Case-study supervision, Advanced tools, Practical Diagnostics, etc. observed teaching sessions.

“Discipline, sincerity, and dharmic living are the true commitments of Yoga Chikitsa.”  
— Ammaji

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# Teachers

- **Yogacharya Dr. Ananda Balayogi Bhavanani**

Lineage holder of the Gitananda Parampara, Resident Acharya of ICYER at Ananda Ashram, and Director of the Institute of Salutogenesis and Complementary Medicine (ISCM) at Sri Balaji Vidyapeeth, Pondicherry. A world-renowned authority on Yoga Chikitsa, Dr. Ananda blends traditional wisdom with modern medical insight, carrying forward the living teachings of his father, Yogamaharishi Dr. Swami Gitananda Giri and mother Yogacharini Ammaji Meenakshi Devi Bhavanani.

- **Senior Gitananda Yoga Mentors & Subject Experts**

Our core faculty includes senior mentors with decades of experience in the Gitananda tradition, along with other subject experts in Ayurveda, psychology, and modern healthcare. Together they ensure that the course integrates authentic Yogic knowledge with applied therapeutic skill.

- **Yogacharya Nilachal**

A dedicated Gitananda Yoga sādḥaka, trained extensively under Yogacharya Dr. Ananda Balayogi Bhavanani and senior mentors of the tradition. For his consistent service and excellence in Yoga Therapy, he has been formally conferred the title of **‘Yoga Chikitsaka’** by the Indian Yoga Association (IYA). He brings both deep sadhana and practical teaching experience to guide students on their journey.



# Accreditation

## Presented under:

- International Centre for Yoga Education and Research (ICYER)
- Live Holistic Wellness (LHW)

## Accreditation

- Indian Yoga Association (IYA)
- Institute of Salutogenesis and Complementary Medicine (ISCM)

# Practical Information & Certification

## Can't attend live online?

- That's okay! If you sincerely follow the recordings and keep up with the weekly practices, your learning journey will still be effective.

## Can't attend the residentials?

- You can complete the online-only component and receive a Yoga Chikitsa Certificate, provided you finish all coursework and teach observed (Zoom) classes to an acceptable standard.
- You'll also have the option to join the residential immersion in a later year if that works better for you.

## If you complete residentials (any one):

- You will be awarded an additional Yoga Chikitsa Certificate.
- You will also receive an ISCM (Institute of Salutogenesis and Complementary Medicine) Experience Certificate, acknowledging your immersion training at the institute.

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# How do I sign up?



 **Register Now:** <https://forms.office.com/r/DJ32DUu3kk>

 **Contact for more details:** [nilachal@liveholistic.in](mailto:nilachal@liveholistic.in)

**SCAN ME**

