

## A better way to health

Naam Yoga offers simple, practical tools for anyone, at any age, anywhere, regardless of their fitness level. It is a highly effective and holistic approach to stress reduction, anti-aging, optimal health, wellness and increased happiness.



Inhale **vitality**  
Exhale **peace**

## What is Naam Yoga?

Naam Yoga provides a complete package for health and wellness. It includes dynamic movement, conscious breathing and meditation. It has within it everything needed for the human body to be completely revitalized, rejuvenated and cured.

Shakti Naam Yoga, an anti-aging practice within Naam Yoga, harmonizes the endocrine, neural and immune systems to allow for greater positive mental states and an elevated, unshakable outlook on life. It is authentic, time proven and highly effective – the perfect practice for this fast-paced world.



**“The positive therapeutic power of Naam Yoga has a lasting healing affect on the nervous, cardiovascular, and respiratory systems. It is the quintessential practice for prevention and lasting wellbeing.”**

DR. TARYN MEZA, PRIVATE MEDICAL PRACTITIONER, ANESTHESIOLOGIST

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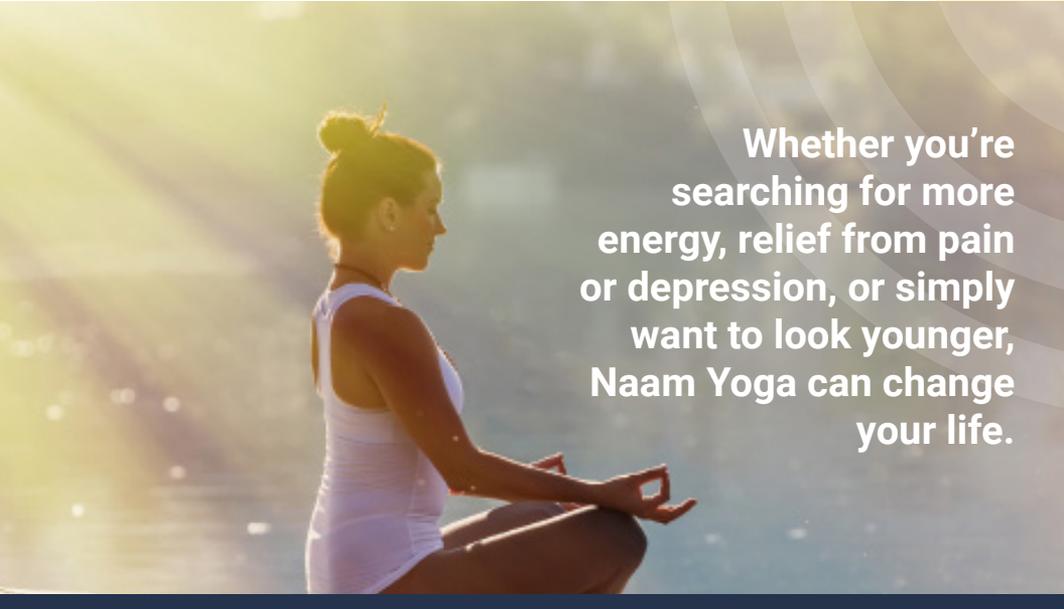
**This yoga is designed to bring the body back to life where all else fails.**

Movement, breath and sound unite synergistically in Naam Yoga, creating a rich and diverse healing system to stimulate the entire being. The result is a clear mind, a positive outlook on life and a radiant, strong body.

## The benefits

**People who practice Naam Yoga experience:**

Increased energy • anti-aging • a sense of freedom • feelings of joy • improved digestion • stabilized blood pressure • relief from pain • positive moods • less anger • increased endurance • reduced stress • sound sleep • mental clarity • improved flexibility & coordination • a desire to make healthy choices



**Whether you're searching for more energy, relief from pain or depression, or simply want to look younger, Naam Yoga can change your life.**



**Breath is life.** The specialized Naam Yoga breath technology has an outstanding impact on the overall health of the body. It harmonizes the blood, glandular, immune and nervous systems which acts as a preventative measure against various health problems. The endorphins that are released induce positive emotions and keep the physical body youthful and vibrant. At the same time, it strengthens the abdominal wall and the lower back, increases lung capacity and makes the blood oxygen-rich.

**Powerful movement.** It is a brilliantly designed microform of yoga that addresses parts of the body that cannot be accessed with a regular workout routine. Dynamic movement encourages healthy circulation of the blood and lymphatic systems while improving flexibility in the muscles and joints. Special Naam Yoga sequences gently detoxify the internal organs and improve the digestive and eliminative processes of the body.

**Sound that heals.** Naam Yoga uses sound that is created with a specifically composed mathematical formula for maximum positive effect on the overall brain function and nervous system, promoting the birth of new neurons and neural connections, enhancing memory, focus. Restorative sound invokes responses in the brain and body that address a multitude of mental and emotional imbalances and can also treat physical diseases. Naam Yoga acts as a healing balm to the nervous system.



**“Shakti Naam Yoga woke up parts of my body that I thought I would never move again, actually I didn’t know they were supposed to move!”**

JANE P. WRITER/EDITOR



**"My experience as a physical therapist and neuroscientist has taught me that the structure and function of the human body is altered by the input that it receives. Just as muscles become strong and resilient when we move, the nervous system creates new synapses and pathways, enhancing neural activity when challenged by new, positive experiences and Shakti Naam provides just that. It is the complete package for health and wellness."**

**DEBORAH L. LOWE** PT, PH.D.

DIRECTOR AND CHAIR, PROFESSOR,  
DEPARTMENT OF PHYSICAL THERAPY,  
MOUNT ST. MARY'S COLLEGE

## Naam Yoga proven to heal

The effects of Naam Yoga are so profound that major medical institutions, including Memorial Sloan Kettering, are incorporating Naam meditation into their healing programs to reduce pain for cancer patients. Results from a clinical study at Sloan Kettering Cancer Center in New York City demonstrate that a single session of Naam meditation significantly decreases the need for pain medication among patients.

