

We are frequently seen and heard on:



Yoga Anatomy course is an interesting & comprehensive course designed to impart the knowledge of what happens to the Muscles, Bones, & Joints during the Asanas. This training empowers Practitioners with greater understanding of how you move in asanas and how can you modify the asanas.

I WANT TO JOIN

28th Nov to 1st Dec 2016  
2nd to 5th October 2017

### Course Kit

- \* Goniometer to Measure flexibility
- \* Yoga Anatomy Workbook
- \* Yoga Anatomy Manual
- \* Premium Stationery kit
- \* Pocket Anatomy chart

"A  
must do  
course for every Yoga  
Practitioner".

GULIA ERYT 500

JOIN NOW

For Enrollment contact  
[courses@medcialyoga.in](mailto:courses@medcialyoga.in)  
SMS: +91.9911360444  
[www.medcialyoga.in](http://www.medcialyoga.in)

Dr. Deepak Sachdeva's Medical Yoga Centre

- \* A-26, Pushpanjali Enclave, Pitampura.
- \* 6/1, Jaidev Park, Punjabi Bagh (East).
- \* Seva Sadan, Bharti Nagar, Lodhi Road.

A number  
of Medical Yoga  
Therapy secrets are  
shared during the course.

## Yoga Anatomy Course

Duration:

**6 Hrs  
for  
4 days**

"These 4 days  
will add a new  
dimension to  
your yogic practice."

MONA ERYT 500

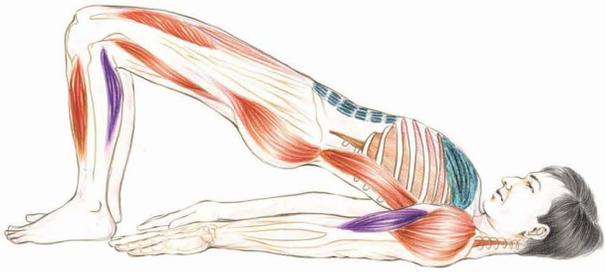
Dr Deepak Sachdeva's

TM Medical Yoga Centre 

Treatment | Fitness | Courses

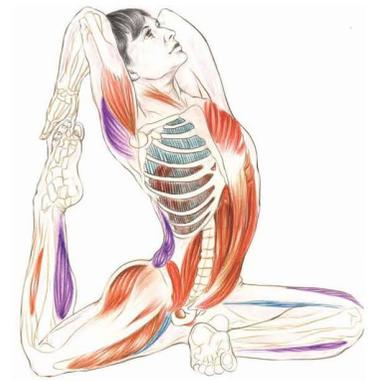
Duration: 6 hrs (4+2) per day for 4 days  
Location: Punjabi Bagh Centre, Delhi

Who should join: Yoga students,  
Yoga Instructors, Massage Therapists,  
Physical Therapists or students with  
keen desire to understand what moves  
your Body in the asana.



*"Great Idea  
Impressive Agenda,  
Excellent execution".*

- Prof. D. P. Chaudhary  
Harvard University



### What will you Learn?

The most basic thing for a yoga practitioner to know is what's happens inside the body while practicing yogasanas. This journey starts from the gross body, comprising of Muscles, bones, joints, organs etc. In this 4 day course you will learn:

- All 55 Yoga Muscles, their locations, actions, movements, and involvement in the asanas.
- 180 Bones and Joints, their movements, limitations and involvement in the asanas.
- Understand which muscle and joint is used in which asana and see muscles as they stretch and contract in each pose.
- Basic functioning & location of the organs.
- Yogic application of medical reference terms, body movements etc.
- Measure Flexibility with goniometer device.
- Understand Safety aspects allied to functioning of spinal column during inversions.
- Understand the knee joint and Importance of foot arches in yoga.
- How muscular imbalances are caused and how they effect on the body alignment and different joints.
- Save left knee meniscus tear in yogis etc.

### Meet - your Trainer

Dr. Deepak Sachdeva Ph.D., is the founder and director of the Medical Yoga Centres and the key faculty for our Yoga Anatomy & Therapy courses. The experience he has amassed in successfully treating over 9000+ patients, including International Dignities & celebrities in the past ten years has geared him to lead the Centers by example. His deep knowledge of physiology and anatomy attracts seasoned Yoga professionals and alternative medicine experts to learn from him. His analysis and instructions on various Yoga postures is, perhaps, unparalleled in the field of alternative medicine. Dr Sachdeva's serene knowledge and the willingness to impart it to others surround him almost like an aura. Most students will attest that it is indeed a delight to attend any of his lectures.



**J. P. NADDA** (Union Health Minister of India), after his yoga session at the Medical Yoga Centre says

*" It is really a unique and good centre for health care specially in preventive side".*

### After completing the course:

- \* Modify and design new asanas to meet individual requirements.
- \* Identify & scientifically correct the postural alignment in your yoga classes.
- \* Identify stiff muscles and design stretches to release them.
- \* Professional development as a yoga Instructor with basic knowledge of therapeutic and restorative aspects of medical yoga.
- \* Take your personal practice to deeper level.
- \* You will be awarded a Beautiful Certificate and a momento .