



S a d g u r u S a d a f a l d e o

Vihangam Yoga Sansthan

J h u n s h i , A l l a h a b a d (U P) - 2 1 1 0 1 9 , I N D I A

Branch: 2nd Duplex, St. Luke, 17th Sycamore Road, Glenwood,
Durban, S.A, 4001

Ref. No. _____

Date _____

Greetings!

We are India's Ancient and unique meditation teaching organization in South Africa. We are one of the largest NGO having more than 300 National and International Centers spreading this meditation knowledge.

Vihangam Yoga is described in all ancient scriptures of India such as Vedas, Upanishads and Bhagwatgeeta and mentioned as Paravidya, Madhuvidya, Devyaanpath, MeenMarg, Bramhavidya, Sahaj Yoga, etc.

After the war of Mahabharata this path was lost at a snail's pace. In 1888 a Yogi with extraordinary power was born in Balia Uttar Pradesh known as Amar Himalaya Yogi Anant Shri. Sadguru Sadfaldeoji Maharaj. He did reincarnation of Vihangam Yoga in this Era, which is a biggest gift to entire Humankind.

Vihangam Yoga is 5 steps meditation technique starts from Mind Concentration and Ends with God Realization. For more details visit: www.vihangamyoga.org

Following are the fine points of the '**Meditation as a Quick Stress Buster**' workshop which will be conducted in your premises within 1:30 hours time:-

- 1] Introduction Clip of Vihangam Yoga organization – 15 Minutes
- 2] Presentation on Detailed Meditation explaining – 45 Minutes
 - Types of Yoga in India.
 - Detailed 5 steps meditation.
 - Fundamental of Universe & Concept of Vihangam Yoga
 - Details Of Vihangam yoga Master
 - Mind Phases & Location
 - Actual meditation for Control Over Mind – 20 Minutes
 - Benefits of Vihangam yoga Meditation.
 - Why mind concentration as a First Step.
 - Our Vision
- 4] Question and Answers – 10 Minutes.

Please find attached herewith brochure of Vihangam yoga along with details of main 6 Centers conducting the precious responsibility for entire world.

We will appreciate if you support for biggest mission of World Peace through Meditation.

Amit More
Updeshta & President
South African Institute of Vihangam Yoga
Mob: 0027-828395180
amitvihangam@gmail.com