



## Kayakalpa Yoga Course

### For Whom

This course is made for all aspirants who are interested in holistic approaches to health and wellness.

### Entry Requirement

Minimum age requirement for participants who 14 years or older and Physically Fit

### Course Overview

- Kayakalpa Yoga is the rejuvenating technique which was discovered by our ancient Indian Siddhas (Sages) and lost during the course of time. Vethathiri Maharishi revived this ancient yogic practice and gifted it to the World in a simple and lucid way.
- This philosophy of Kayakalpa yoga delineates the manner in which the life of a human being can be enhanced by proper integration of physical body, mind, bio-magnetism, life force and sexual vital fluid.

# Kayakalpa Yoga Course

## Course Content

- Aim of Kaya Kalpa
- The Seventh Component – Sexual Vital Flu
- Rejuvenation of Life Energy
- Five Limitations
- The Six Tastes
- Effects of Overeating
- Kaya Kalpa – Practice

## Course Duration

3 Hrs

## Medium of Instruction

English & Tamil

## Teaching Methodology:

Face to Face Training

## Class Size

Recommended Class Size – Classroom: 20

- Min – 10
- Max – 20

## Key Person In-charge

Monish V (Administrative Manager)

## Assessment Advice:

NA

## Funding & Claims:

NA

## Course Fee Inclusive of GST

S\$ 50.46

# Kayakalpa Yoga Course

## Certification

- Based on the successful completion of the course and assessment, a certificate of achievement endorsed by Eversafe Academy Ltd., will be awarded to the trainee.
- E-cert available

## Course Venue

- 2 Kampong Kapur Road Little India Near, Jalan Besar, MRT Station Exit B, Singapore 208674
- 3 Soon Lee Street, #04-14/16&17, Pioneer Junction, Singapore-627606
- 2, Joo Koon Road, Singapore-628966
- 2 Wan Lee Road, Singapore 627934

## Renewal Points for professionals

SDU Points: NA

## Registration Venue

No. 2, Kampong Kapur Road, Little India, Near Jalan Besar, MRT Station Exit B, Singapore - 208674

No. 3, Soon Lee Street, #04-14/16 & 17, Pioneer Junction, Singapore - 627606.

No. 2, Joo Koon Road, Singapore - 628966.

No. 2, Wan Lee Road, Singapore - 627934.



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Validity : 7/8/2022 to 6/8/2026

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