A STRESS REDUCTION PROGRAM

Man's quest for knowledge and freedom since time immemorial has led him to become an intellectual giant but also added dimensions of stress and hypersensitivity resulting in deterioration of the quality of life with many social and health hazards.

‘SMET’ - THE NEED OF THE HOUR!

Health is not mere absence of disease or infirmity but is a state of well being at the physical, Mental and Social (as well as Spiritual) levels ....... WHO

How many of us, so called healthy people, satisfy WHO's criteria of total health? Are the present health systems adequate to achieve this? Is there any other scientifically acceptable path for total health that has been unearthed?

Yes!! Say medical and yoga experts at the Vivekananda Yoga Anusandhana Samsthana (VYASA), Bangalore exuding confidence of over 20 years of sustained research in this area, SMET being one such.

WHAT IS ‘SMET’?
- Easy postures with slow rhythmic breathing.
- Releases deep seated stresses by stepwise journey into oneself.
- 35 min. Session of very deep relaxation and rest.

SMET BENEFITS
- Promotion of positive health at physical, mental, emotional and social levels
- Improved efficiency
- Prevention and self-management of stress ailments like Hypertension, Angina, Insomnia, etc.
- Emergency of effective team spirit
- Happy homes and neighbourhoods with peaceful living
WHAT IS STRESS?

STRESS IS DISHARMONY. The rapid pace of life creates uncontrollable emotional urges of anxiety, depression, etc. Suppressed stresses lead to physical ailments and psychiatric problems. Regular practice of SMET to use up deep physiological cost and release of stresses at subliminal levels is the answer, new science.

STRESS INCREASES

- Energy Expenditure
- Heart Rate
- Breathing Rate
- Oxygen Consumption
- Blood Pressure
- Sensitivity level

EXCESSIVE STRESS disturbs homeostasis. SMET restores it.

RESEARCH’ 98

SMET - PART I Deep Relaxation Technique (25 minutes)

Work done at Prashanti Kutcham, residential campus of Swami Vivekananda Yoga Research Foundation, Bangalore.

Number of subjects = 40
Percentage changes, statistically highly significant reduction in BMR and breathing rate.

SMET - PART II

Oxygen used per minute

Breathing rate per minute

Oxygen used per minute

Breathing rate per minute

FACULTY

Dr H R Nagendra
ME PhD

PRESIDENT - VYASA Former researcher at NASA Marshall Space Flight Center and Consultant Harvard University, USA. Author of many books and 48 research papers on basis and applications of yoga.

Dr R Nagarathna
MD FACP

CHIEF MEDICAL OFFICER - VYASA - Co-author of 10 books and 50 research papers on Medical applications of yoga.

Smt Subhadra Devi

INTERNATIONAL TEACHER - VYASA - Taught yoga therapy in UK, Kenya, Far East, & USA.

Dr S Telles
MA VYTC

ASSISTANT DIRECTOR, Research - VYASA - Recipient, “Young Scientist” award. Author of 6 books and 50 research papers on psychopathology of yoga.

Sri T Mohan
DPT VYTD

SECRETARY - VYASA - Trained about 2000 yoga teachers. Travelled in twelve countries conducting SMET and other yoga related classes.

Sri NVRaghuram
SE

INTERNATIONAL CO ORDINATOR - VYASA - Traveled round the globe conducting SMET workshops, yoga research and meditation classes.

TRAINING

- For Professionals, Executives, Managers
- 10 - 40 participants per batch
- Theory and practice
- Duration: 6 Hrs per day for two days or 2 Hrs per day for seven days

CONTACT

International Organiser
Vivekananda Yoga
Amarabhumi Sansthan
#19, Eknath Bhavan, Gavipuram Circle, Kempe Gowda Nagar, Bangalore - 560 019.
Phone: 191-26861260
Fax: 191-26861260
Email: vyasa@earthaccess.com
Website: www.vyasa.org.in