

DEV

The Yoga Master/Instructor
Member of Yoga Alliance &
Yoga Alliance Continuing Education Provider

Renowned & published yoga master & instructor Dev (Devaprasad Swami) started his yogic life in 1979. He learned yoga from various Masters/Gurus. And Yoga centres especially Sivanada, Benaras Hindhu University and Vivekanada Yoga University. Having completed his Philosophical studies he started teaching yoga in 1988. He has been teaching Yoga and yogic meditation more than 25 years in different universities, colleges, schools and institutions throughout India. He has conducted several yoga-training sessions in Germany during 1995 and 1997 and in Canada from 1999 to 2005.

He has written a number of articles in different journals. His first book on Yoga was published in 1995 and the second book was published in 1998. The third book Deva Yoga was published in 2010. From 1996-2003 he was member of the staff of the National Centre (NBCLC), Bangalore, India. He was also a teaching staff in Dharmaram College, and Montfort College, Bangalore, India (1996-2003); and a full time faculty member of Jain University College – Centre for Management Studies, Bangalore, India and taught yoga in other colleges of the Jain University from 2005 to 2010.

2010 he came back to Canada and started to offer Yoga, Meditation courses and workshops for groups, individuals and institutions; **Dev is teaching in the City of Ottawa Community Centres and YMCA. Other than this, he gives private Yoga sessions for individuals, families and groups.**

Dev's areas of specialization:

Deva Yoga - Meditative Yoga (Smooth blending of Raja Yoga and Hatha Yoga); Traditional Hatha Yoga; Yoga for Wholeness and Wellness; Rhythmic Yoga for Stress Management; Work-life Balance (for corporate employees and executives); Yoga for Seniors; Yoga for Children; Relaxation and Meditation for total harmony and wellness; Power Yoga – Dynamic Rejuvenating and Energizing Yoga Module; Mindful Yoga and Meditation; Yoga Nidra (deep relaxation with visualization); Prenatal Yoga; Yoga Spiritual Retreat called YOGA DHYANA SADHANA and FACE-to-FACE Online yoga Sessions. Senior's fitness program - Better Strength Better Balance (BSBB).



Practice Yoga

Reduce your stress and restore the energy, strength and flexibility as you learn the postures and breathing techniques of Yoga. Dev's Yoga sessions are suitable for beginners and experienced yoga practitioners alike. It is a unique opportunity to be guided by an experienced Yoga Master.

It is an opportunity to learn varies Hatha Yoga postures, Breathing Exercises and different types of Relaxation Techniques. His classes are unique and he uses power point presentation for better understanding and clarity.



Face-to-Face Online Live Yoga Sessions

Dev is offering Face-to-Face online live yoga sessions through Skype/FaceTime/Videophone. Transform your home to a studio for a period of time; it will transform your life. It is very convenient and easy for the busy people and the whole family. You may attend his session from anywhere in the world.



**FOR MORE INFORMATION
PLEASE CONTACT:**

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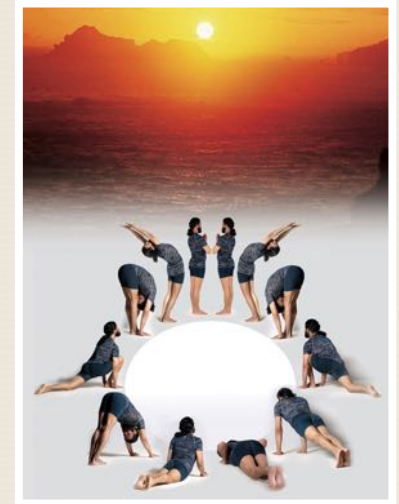
Phone: 613-355-1791

Visit

www.yogawithdev.com



YOGA with DEV



LEARN

Relaxation Methods

Relaxation Postures

Breathing Exercises

Yoga Postures

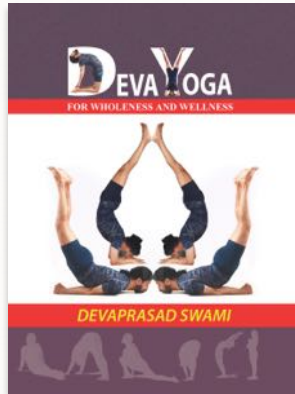
Concentration Techniques

Stress Management

Meditation

Work-life Balance





WHAT IS YOGA?

Yoga means union – union with oneself (body mind and spirit), with whole humanity, with nature and with the Supreme Spirit.

Yoga is an art of living, with positive attitude and cheerfulness. A holistic approach to health and wellness. A path to unfold one's capacity for reaching full capacity for happiness. Body-mind balancing, complete relaxation and rejuvenation, Work-life Balance. Training for an integrated and holistic life.



"Go forward – practice yoga everyday with newness and more perfection and enjoy the practice. Eventually you will be rooted in the soil of confidence, courage, patience and perseverance". Dev

YOGA The Traditional Ancient Indian Classical Wisdom

BENEFITS OF YOGA

Physical

Daily practice of yoga helps to improve the physical stamina and the power of immunity.

The proper function of the internal organs increases overall health and vitality, there will be normal respiratory function, and because of the improvement of the excretory functions proper purification of the body will take place.

Different yoga postures help to increase the cardiovascular efficiency, and the capacity of the lungs.

It helps to improve the function of the nervous system, endocrine system and balance the blood pressure.

Yoga is a means of recuperation from various illnesses. Yoga is a Remedy for Common Maladies. It increases the flexibility of the muscular system and joints therefore it will help to improve the posture and easy movements.

The daily practice of yoga increases the physical endurance, energy level and efficiency in work.

Yoga reduces the aging process and maintains the youthfulness.

Mental or psychological

Yoga postures, relaxation methods and meditation reduce stress, anxiety and depression; and it restores mental health, strength and energy.

Improved and better quality of sleep. Those who are suffering from insomnia and Sleep apnea will benefit.

Improve concentration and memory power, mental stamina, enthusiasm, cheerfulness and positive approach to life.

Improvement in Self-awareness and self-acceptance helps to build interpersonal relationships.

It will help to attain emotional balance and spiritual transformation.

Yoga helps improves the learning efficiency, and to overcome the Attention-Deficit Hyperactivity Disorder (ADHD) in children.

The daily practice of yoga helps to overcome the limitations such as fear, anger etc.

