

SPECIAL YOGA THERAPY WORKSHOP for Curing MENTAL DISORDER CASE

Call us for other Critical Disease Yoga Therapy (Cancer, HIV, Asthma, Heart Block, MDC etc) www.ancientyogaconsulting.com

What is MDC?

A mental disorder or mental illness is a psychological or behavioral pattern that occurs in an individual and is thought to cause distress or disability that is not expected as part of normal development or culture.

[There are many different conditions that are recognized as mental illnesses.](#)

[The more common types include](#)

Anxiety disorders:

People with anxiety disorders respond to certain objects or situations with fear and dread, as well as with physical signs of anxiety or nervousness, such as a rapid heartbeat and sweating. An anxiety disorder is diagnosed if the person's response is not appropriate for the situation, if the person cannot control the response or if the anxiety interferes with normal functioning. Anxiety disorders include generalized anxiety disorder, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder, social anxiety disorder and specific phobias.

Mood disorders: These disorders, also called affective disorders, involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness. The most common mood disorders are depression, mania and bipolar disorder.

Psychotic disorders: Psychotic disorders involve distorted awareness and thinking. Two of the most common symptoms of psychotic disorders are hallucinations -- the experience of images or sounds that are not real, such as hearing voices -- and delusions -- false beliefs that the ill person accepts as true, despite evidence to the contrary. Schizophrenia is an example of a psychotic disorder.

Some Mental Illness like schizophrenia even the details are unknown.

Basically methods of treatment for mental illness are various

- **Medications** (Drugs)
- **Therapy** (psychosocial treatments like motivating)
- **Electroconvulsive Therapy**

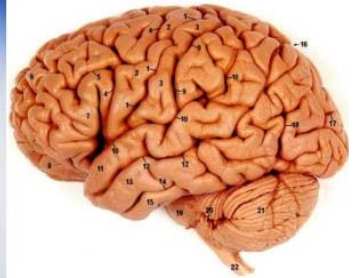
Electroconvulsive therapy (ECT) Can Cause!

Cognitive impairment
Memory loss
Medical complications
Physical issues



Mental Illness Medicine can cause a number of Side Effects

- Risk of addiction
- Decreased appetite/weight loss
- Sleep problems
- Headaches
- Jitteriness
- Social withdrawal
- Stomachaches
- Nausea
- Tremors
- Hair loss
- Sexual problems
- Weight gain
- Liver failure
- Renal failure
- Diarrhea
- Abdominal pain



Note: All medicine usage, diagnostic with doctors are important to continue until advice from GP.

www.ancientyogaconsulting.com

The Tamil Siddhar's are 18 enlightened men and women who wrote down the causes of 4,448 different diseases and prescribed medicines. Yoga is the oldest and most developed, the most sophisticated and comprehensive system of therapy for the mind ever developed.

ABOUT MENTAL ILLNESS BY ANCIENT SIDDHARS

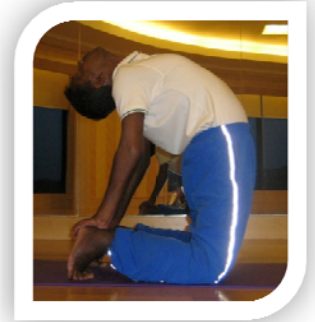
- Siddha system is based on hypothetical and biological laws of nature.
- The Siddhar's were pioneers to the world in the field of minerals, metals, and medicinal herbs. It's predating Ayurveda.
- "We are dreaming with our eyes open." This is how the Siddhas characterize the mental illness of the average person. If you put a number of people with similar symptoms of psychosis together in the same wing of the mental hospital they may all seem normal to each other.
- Likewise the people common to our culture have been conditioned to express their psychoses in culturally acceptable ways. What we do to cope with the shortcomings in our states of consciousness are insane, illogical, ineffective and often self-destructive – but they are socially and culturally acceptable, even rewarded with prestige or power.
- This does not make the average person less insane, it just makes it less likely that he will ever become aware of it.
- There are many causes on many levels of a persons mental illness. Therapy likewise should be given on all levels.
- The original cause of all suffering is what Patanjali calls avidya, ignorance. By ignorance he means to mistake the unreal for the Real, to imagine the non eternal to be eternal, to believe the impure is pure, to think that the painful is the source of Bliss, and to identify with the not Self as if it was the Self. All suffering, despair, pain, and imbalance stems from a failure to obtain the three necessities of the human heart. It is this avidya or ignorance that eclipses these three necessities of the human heart.
- These are: to be, to know, and to be bliss, or to know yourself to be full of pure bliss. It is the lack of absolute Being, absolute Knowing, and absolute Bliss that is the root of all suffering and mental illness. These can be thought of as Being, Beauty and Bliss, or Life, Light and Love.
- The snare of words prevents a clear of full conveyance of these absolutes. All other psychological problems arise from trying to replace what we have lost through ignorance of the Self with material things and phenomenal experiences.

Ancient Yoga Consulting have successfully design a special Yoga Therapy Workshop for Curing MDC.

The only therapy without known side effect

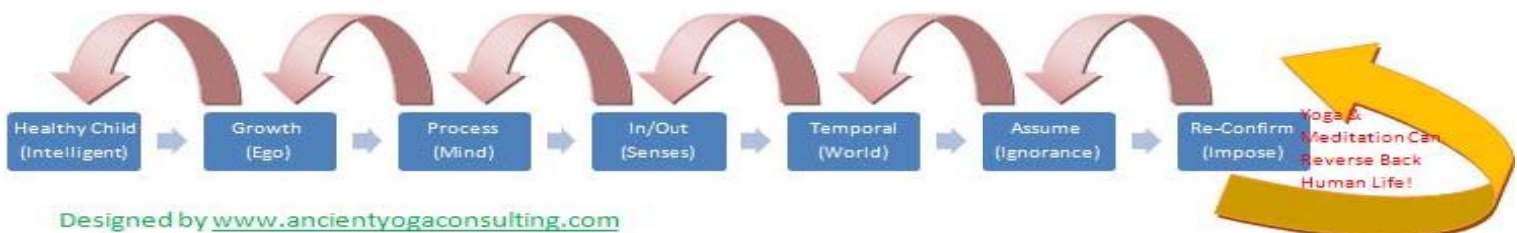
Why Special Ancient Yoga Therapy can cure MDC?

- Design with R&D over 10 years.
- Expertise integrated conscious mind, sub-conscious mind and un-conscious mind.
- A process of un-conscious mind healing which discover by Mahaguru after 10 years of extensive research. It's really life saving gift to man kind.
- Design to work with recovering physical body, handling psychosomatic thoughts as well un-known and un-handle un-conscious thoughts.
- Yoga work's in re-activating endocrine glands.
- Maximize blood flow with best oxygen quantity.
- Meditation will restore Brain neuron's to its highest capability.
- It will remove bacteria, repair cells, restore bronchial to original condition and remove all un-stable hormones towards stabilize regulation.
- We advice the best food handling manner and live style to be adopted.
- We teach simple yet scientific manner to improve Thymus Gland which managing immune system.
- Originally in Yoga Sutra there is about 840,000 Asana, more then 60 over type of Pranayama, over 50 types of Mudras, 20 over types of Bandhas, 15 over Kriyas.
- Mahaguru pre-selecting about 60-69 over posture best suites for each critical sickness.



WHAT MAKES IT POSSIBLE?

When the glandular system is activated and the nervous system is strong the energies of the two systems combine to create a movement or flow in the spinal fluid sensitivity in the nerve endings. The "brain in its totality receives signals and integrates them." Basically it's possible to cure any diseases and solve any human issue.



Complete Series of Yoga Therapy Package for MDC

www.ancientyogaconsulting.com

STAGE 1 - CONSCIOUS LEVEL			
#	DESCRIPTION	REMARKS	FEES (USD)
1	7 Full days Theory & Practical Workshop (maximum 15 participant/patient)	Preferably at town's nearest resort	7700.00
1.1	Yoga Asana, Pranayama, Chakra Therapy Meditation		
1.2	Siddhar Base Daily Diet Technique		
1.3	Natural greens		
2	30 Days Weekly Yoga Series		300.00
2.1	Weekly Once Revise of Yoga (Maximum of mix of 60 participant/patient per batch)	AYC Yoga Centre in KL, PJ or According to Participant Group	
2.2	Daily twice of morning & evening 1.5 Hour Yoga Practicing by Participant at Home		

STAGE 2 – SUB-CONSCIOUS LEVEL			
#	DESCRIPTION	REMARKS	FEES (USD)
1	7 Evening Mix Days Workshop	Major Towns Training Hall	2000.00 (per pax)
1.1	Understand the REAL Purpose and meaning of LIFE Healing emotional wounds Living in the MOMENT; forgetting the past & not worrying about the future. Discovering your true potential and hidden Creativity. ATTRACTING everything you want in life, wealth, better health, harmonious family.		
1.2	Psychoneuroimmunology (PNI), these approaches are based on the concept that the mind or brain can influence the body's ability to fight disease.		
1.3	Mind-body approaches such as meditation, visualization and guided imagery can help participant to make living with your condition easier, and maybe even reduce susceptibility to MDC.		
2	30 Days Weekly Yoga Series		300.00
2.1	Weekly Once Revise of Yoga (Maximum of mix of 60 participant/patient per batch)	AYC Yoga Centre in KL, PJ or According to Participant Group	
2.2	Daily twice of morning & evening 1.5 Hour Yoga Practicing by Participant at Home		

Complete Series of Yoga Therapy Package for MDC

www.ancientyogaconsulting.com

STAGE 3 – UN-CONSCIOUS LEVEL			
1	1 Day Workshop (Maximum of mix of 60 participant/patient per batch)	Major Towns Training Hall	1000.00 (per pax)
1.1	About Self Power		
1.2	Scientific & Biological Logic of it		
1.3	Theory & Practical		

FINAL PACKAGE OF WEEKLY YOGA TRAINING			
1	12 Month of Various Yoga Asana Types	AYC Yoga Centre or According to Participant Group Town	300.00 (per month / pax)
1.1	Theory & Practical		
1.2	Daily minimum once morning or evening 1.5 Hour Yoga Practicing by Participant at Home.		
1.3	Optional to extend additional of two more months		
1.4	Notes of daily practicing asana		

PARTICIPANT TERMS & CONDITIONS

1. Participants are not allowed to use mobile phone for the full 7 days. Participant will be given training resorts office phone, other organizers mobile number for the next keen to contact in case of emergency.
2. All must be MDC patient or MDC suspected patient.
3. Participant with multiple sicknesses must inform other disease in written format. Base on Guru's interview he/she might can't joint the workshop with curing other critical sick.
4. Latest complete medical screening report should be submitted upon registration. This is to avoid other health conflict such as High Blood Pressure exists with knowing.
5. Participant should able to take part in all stages without having any outstation and oversea trips which will disturb the training flow and create fluctuate non standard result in recovering MDC.
6. Each stage fees should be paid at least 20 working days prior to commencing training date.
7. Gap between stage will be various within tentative time frame.
8. Training provider has rights to improvise & customized within portfolio for better results.
9. Cost & Information only valid for reading & the final contracting signing particular are use for specific project batches.

"With yoga meditation possibilities is beyond human's ordinary imagination"
Mahaguru Elangovan



If we have chance to train the rat/mouse of yoga then it can carry the elephant on breath air it self!

Complete Series of Yoga Therapy Package for MDC

www.ancientyogaconsulting.com

WORKSHOP & TRAINING METHODOLOGY

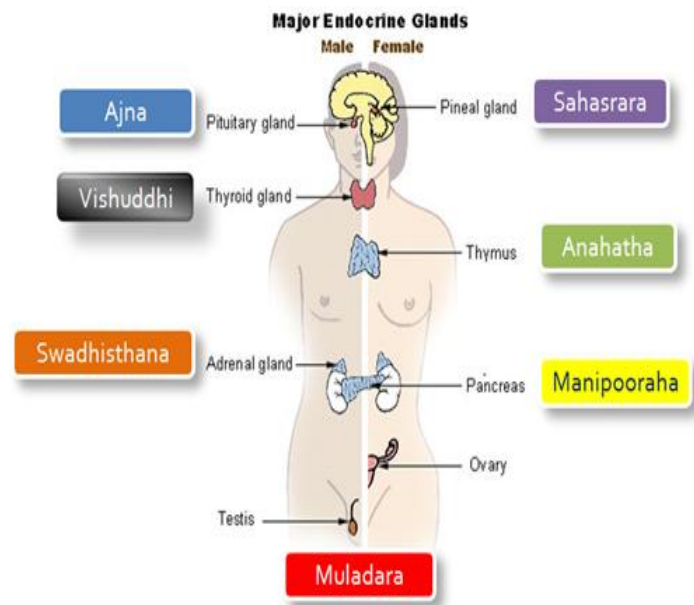
1. AYC will does not compromise any procedure, fees and process strictly. No negation can be requested.
2. The seven full day training will be with stand by of Ambulance with basic MDC treatment facility and staff nurse. On organizing party cost.
3. All training simple, safe, scientific manner, enjoyable fun learning, legal yet the most pro-found methods.
4. Training focus to recover MDC situation improvement between 30% and 50% within seven full days.

FEES INCLUDING

1. All weekly/monthly training participants should have minimum 30 participants.
2. Trainer's fees.
3. Co-Trainer's fees.
4. Training assistant's
5. Herbals.
6. Notes.

FEES EXCLUDING (ORGANIZING PARTY SHOULD PROVIDE)

1. Participant/Patient traveling to and flow training location.
2. Accommodation.
3. Training hall and facilities like (PA, Projector and White board & maker pens).
4. Food & beverage.
5. Medical assistant for emergency purpose.
6. Support staff for assistant.
7. Any other additional requirement.



Important Note: Please always call AYC or AYC Partner's nationwide to confirm latest documentation and fees updates. Cost & Information only valid for reading purpose. The final contracting signing document is use as particular for specific project batches.

www.ancientyogaconsulting.com

Complete Series of Yoga Therapy Package for MDC

www.ancientyogaconsulting.com

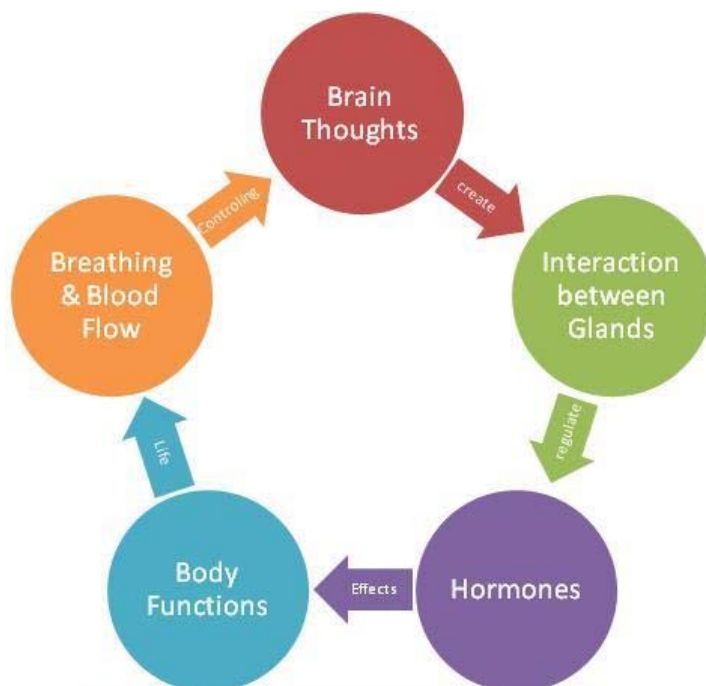
It took thousand of years for modern medicine to know just existence of glands which these information available preciously in Indian Vedic and by Tamil Siddhar's documentation.



Scientific fact. Sound, breath, blood flow effects brain neurons, glands, hormones thus stimulate bodily functions, growth, anti-aging, youthfulness and healthier life.

Among all activities and action human capable to manage breathing, thus which enable moderate and even control other activates in body. An the only method and most perfected method of breathing ever invented is Pranayama by Indian Siddhar / Yogi. In addition by body posture able to regulate specific speed of blood. It has ability to cure physical as well virtual complex issues!

By Mahaguru Elanggovan



Design by www.ancientyogaconsulting.com

Important Note: Please always call AYC or AYC Partner's nationwide to confirm latest documentation and fees updates. Cost & Information only valid for reading purpose. The final contracting signing document is use as particular for specific project batches.

www.ancientyogaconsulting.com