



# Sanidhaya

Healing with Bliss



WE ARE A WELL DISPOSED  
ORGANIZATION WITH A  
MISSION TO HEAL AND  
TEACH MOST PEOPLE TO  
ACQUIRE A HEALTHY MIND  
BODY AND SOUL




# INTERNATIONAL ACADEMY OF YOGA AND HEALING SCIENCES



**It's a humanity based institution that undertakes its healing by the name SANIDHAYA (healing with bliss).**

**'Sanidhaya' has been healing people for their mental physical and emotional issues across the world as it has a mission to create a healer every household and make the world disease free and sorrow free .we focus on various methods of heeling and teaching as per the need and the inclination of our patients....**



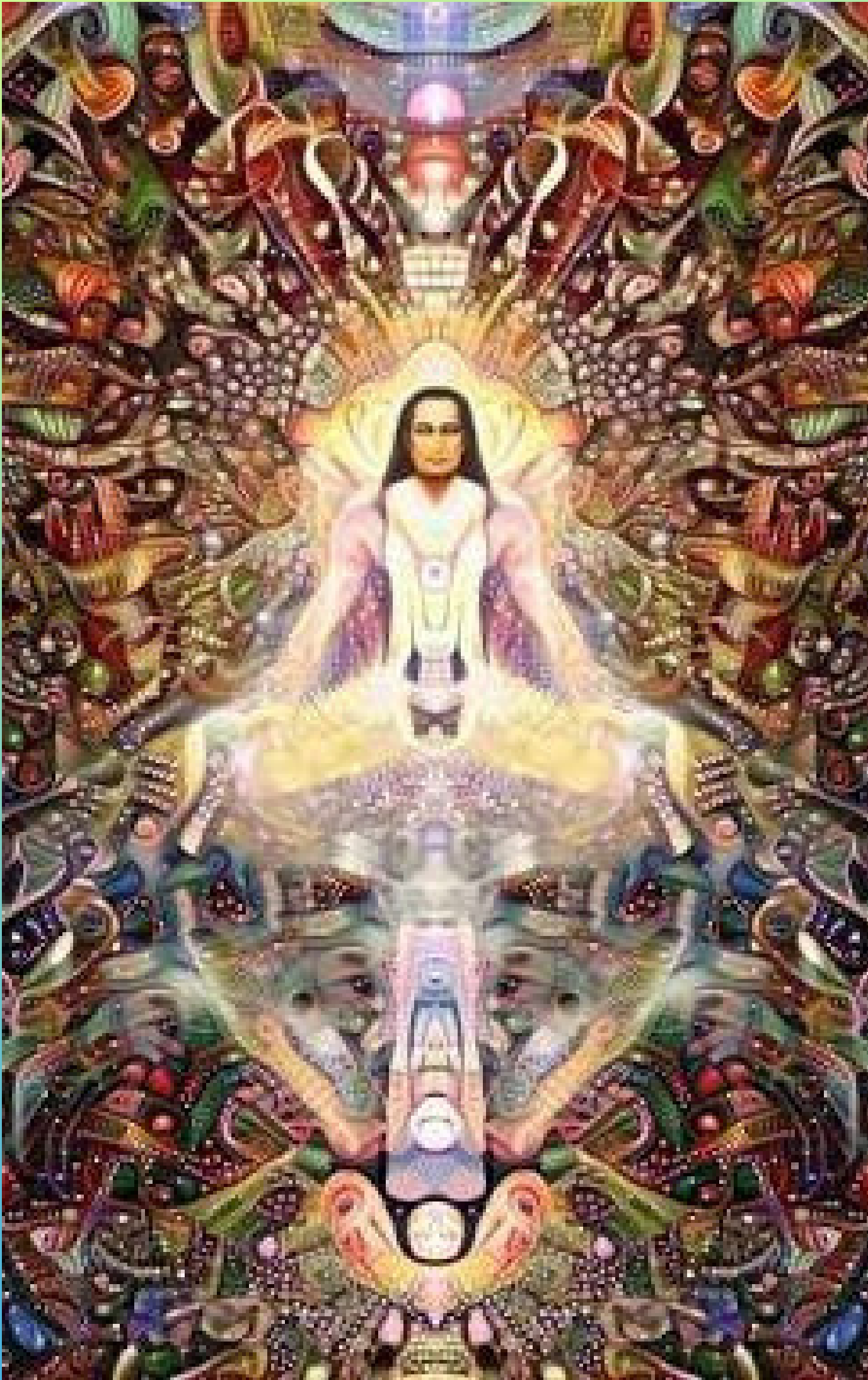
Who am I ? What is my purpose in life? Why do some people seem to have an easier time in life than others? Where did I come from & where would I go ? These are some classic questions that everyone muses over at some point in time in life.

Some of us struggle all our lives to get answers to these questions while some give up and those who find the answers live a happy and content life.

We at '**Sanidhaya**' help you to discover yourself and find the right answers so that the life becomes a smooth ride ahead for all of us .

In the forthcoming pages you will read the services and methods we apply to render those services to make your life a beautiful journey ahead.







## YOGA ACHARAYA KEVIN ANANDA

Who happens to be the founder of **Sanidhaya** is a realised soul and a Yogi by nature. He had the spiritual bent ever since he came into senses. His cravings to seek god took him to **himalayas** at a very young age. He ventured into many caves, ashrams and spiritual places in quest of finding his true guru. He finally found his guru in Mahautar Babaji who taught him the science of **Kriya Yoga** in his meditation. Yogi Kevin also did many certification courses from various international institutions. Apart from being a certified yoga acharaya from **Sivananada Yoga Vedanta Forest Academy**. He has excelled in many other arts of alternate healing sciences such as **Re-ki, Pranic Healing, Angel Therapies, Acupressure, Tarot Card Reading, Hypnosis, Aura & Chakra Reading, Past life regression, Back flower therapy, Vaastu vighyan, Angel card reading.**



He uses these services to facilitate his patients as per their comfort level. And since he is blessed with a healing touch, people who contact him, get solace and bliss after meeting him in person or after speaking with him.

Yogi Kevin strongly believes that he has been sent to this world just to help and heal others who are in true need of a true master and mentor .at the same time he leads a simple life and puts no accessories as he does not want followers and not to be mistaken and a Guru or a Baba. His only aim in life to create self healing techniques that make people more independent and guide them for smoother lives.

Get healed and help others is the only mantra he follows.





# Our offerings

## THE SCIENCE OF YOGA

Our ancient sages had devised a mechanism aimed at strengthening our physical and mental faculties by exercising self-discipline in our lives. This natural science of **Yoga** functions as a simple program that not only wards-off the decaying process of our bodies & even minds but also re-juvenates our souls to a great extent. In this program we impart the complete yoga philosophy with a thorough practical knowledge of all the **Kriyas** and **Asanas** along with the refined techniques of **Breathing** (the quintessential yet ironically the most neglected aspect of our lives).





# COUNSELLING & LIFE COACHING



This program is designed to help us find solutions of multiple issues in our lives as at times when we lose focus in life and become vulnerable, we need someone to guide us, mentor us and to show us a certain path in some direction to get our lives back on track. So in this segment, we invite you to discuss any/all issues or disturbances of your life with our counsellors and to seek their advice (& guidance) to tackle the same.

## THE ART OF MEDITATION



Meditation is reckoned as an art of attaining peace of mind. In this program, you will learn about some really effective ways to enhance your concentration levels and this is performed through a certain set of techniques which help us to introspect and be able to stay calm even amidst adversity.





# THE REFINED SCIENCE OF ASTROLOGY

Planets & Planetary changes play a very important role in our journeys and our day to day lives. In this segment we impart useful insight into the 'Astrological' aspects and the impact of these, in our lives and our 'Jyotishacharayas' enlighten you on the planetary positioning and their corresponding effects, while also guiding you on certain measures to sooth their impact.







## STUDY OF AURA AND CHAKRA HEALING

Many of us don't know that apart from from physical bodies we also do have astral & causal bodies as well to deal with all of our emotions and our mental state and as we like to keep our physical bodies clean, fit and asthetically up-to-date these astral & casual bodies also need regular cleansing and gradual enhancement which can be done with help of the study of **Aura** and '**Chakras Healing**. So under this program we offer a complete insight into some very effective energising processes with help of crystals and universal energy means.







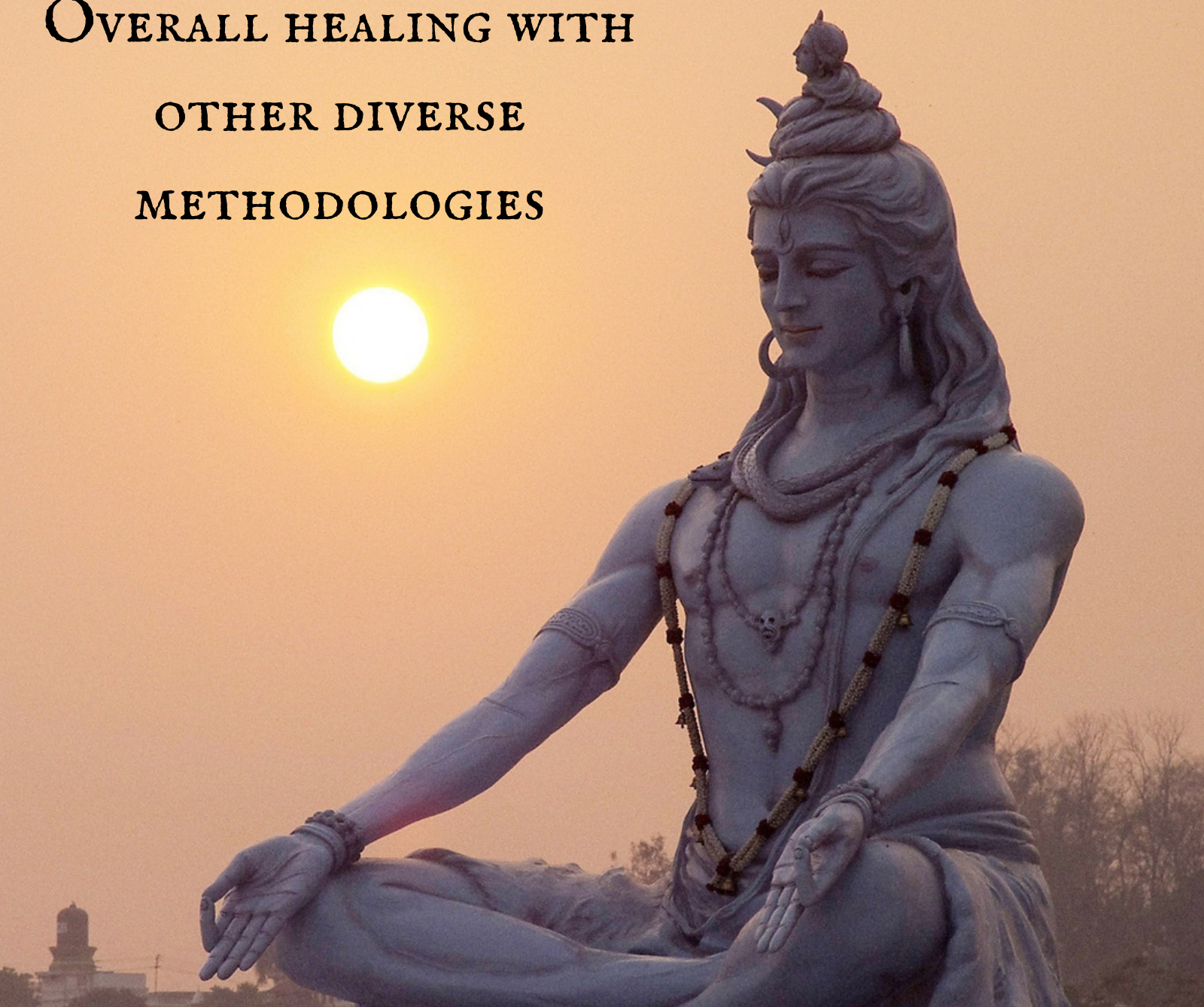
# STUDY OF CRYSTALS/RUDRAKSH/STONES

In this program, we talk about the impact of these objects & stones in our lives. As these objects emerge directly from our mother nature thus these objects do have a very strong connection with our well-being (so much so that even Gods and Deities use to wear these precious objects. Therefore wearing a right object at a right time and most importantly with the right methodology can bring significant changes in our lives. We offer a complete guidance on this very useful subject in this segment.





**OVERALL HEALING WITH  
OTHER DIVERSE  
METHODOLOGIES**



**We all know that our universe is a great source of energy but not many would know that this energy can very effectively be used to heal people physically, mentally and even emotionally. And these methodologies are known as Rei-Ki, Pranic Healing, Angel Healing - Sujog - Shivyog - Hypnosis, Mudra Gyan, Dowsing, Past Life Regression etc. And these are supported by Tarrot Reading, Access Bars and even Mantras & Japas etc.**







# EXTRA TOUCH



**Corporate workshop and individual events are organised time to time**

**Distance healing anywhere in the world can be facilitated**

**Online teaching through skype video calling**

**Home tuitions for special cases is given**

# CERTIFICATION COURSES WITH INITIATION FOR FOLLOWING IS OFFERED



- **Rei -ki**
- **Pranic healing**
- **Tarot card reading**
- **Angel card reading**
- **Access bars**
- **Basic and vedic Astrology**
- **Hypnosis**
- **Crystal Gasing**
- **Back Flower therapy**
- **Past Life regression**
- **Yoga philosopy**
- **Basic accupressure**
- **Colour therapy**
- **Aura reading**
- **Numrology**
- **Face and mind reading**
- **Therapeutic and  
rejuvenating massages**

BECOME A HEALER  
AND HEAL THE  
WORLD INCLUDING  
YOURSELF





**These techniques are very effective and impactful and under this segment we not only take you through a detailed study of these useful healing processes but also offer the services of our certified & experienced healers to your avail.**

**And to top it all, we offer all sorts of treatments for most ailments & life-style diseases through very useful massage therapies, acupressure techniques & naturopathy remedies.**





# WHERE DO WE OPERATE FROM

## **Enargy center**

**Green Field colony,  
faridabad,Haryana-121003**

## **Solace centre**

**Palm Court  
1, Mehrauli-Gurgaon Rd, DLF Colony,  
Sector 14, Gurugram, Haryana 122007**

## **Regression centres**

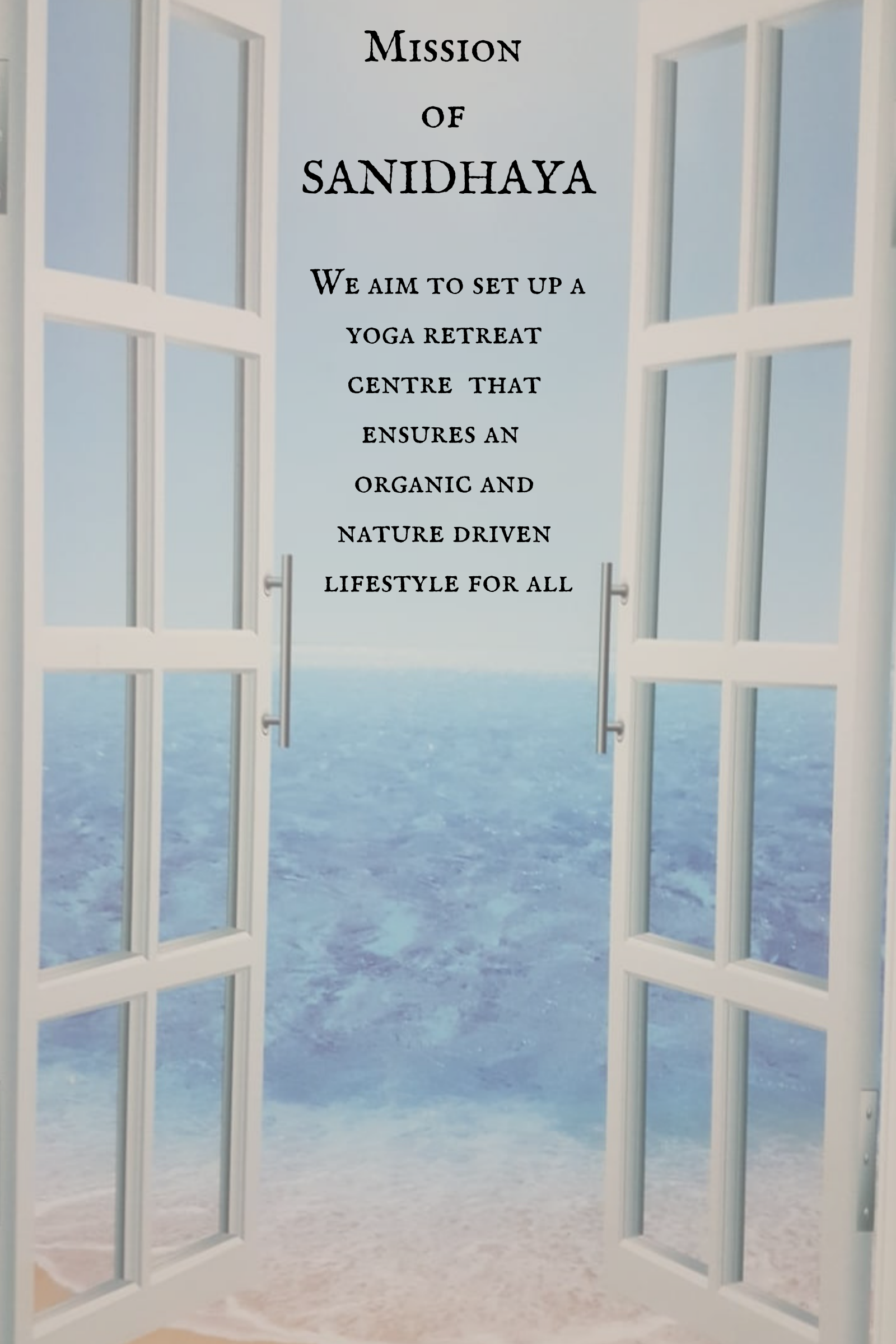
**Ramjas road Karol bagh near liberty  
cinema on rohtak road near ramjas  
school no 5,New Delhi 110005**

**Lane no.6, Joshi Road  
Karol Bagh,New Delhi 110005**

**D C chowk ,Sector-9 ,  
Rohini ,New Delhi 110085**







MISSION  
OF  
SANIDHAYA

WE AIM TO SET UP A  
YOGA RETREAT  
CENTRE THAT  
ENSURES AN  
ORGANIC AND  
NATURE DRIVEN  
LIFESTYLE FOR ALL



Healing with Bliss

International Academy of yoga and healing sciences



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<https://www.facebook.com/yogi.kevinananda>

