



Why this Apoorva Pranayama Research Project?

Explanation on the primary objective of the Apoorva Pranayama and Aditya Yoga Nidra, which was launched by the KMRR Trust:

- ❖ It's wonderful that the glory and tradition of ancient Indian yoga endures, yet it's disheartening that many miss its true benefits by focusing primarily on the physical aspects. Unfortunately, yoga teachers and practitioners often blame each other for this trend. Moreover, certified yoga teachers, both locally and globally, are diluting the essence of yoga in their quest for popularity.
- ❖ In contrast, our Kapila Maharshi Research for Resources (KMRR-1998), a dedicated yoga research trust, has embarked on a comprehensive and scientific research project in 2022. On one hand, we engage in self-study, while on the other, we seek the welfare of contemporary society. Our goal is to offer not only physical health benefits to contemporary society through yoga but also mental awakening and self-transformation to dedicated practitioners through innovative Pranayama and Aditya Yoga Nidra training.
- ❖ The project aims to integrate Pranayama with the power of Pratyahara, providing practitioners with the ability to control their senses effectively.



- ❖ The benefits are substantial. Many diseases and mental disorders are linked to sensory indulgence. Our Apoorva Pranayama and Aditya Yoga Nidra profoundly influence the senses, helping individuals stay healthy and control their senses with awareness. This process also promotes a calm mind that understands and internalizes moral principles.
- ❖ For those struggling to change despite wanting to, our practical training in Apoorva Pranayama and Yoga Nidra offers a new path. A minimum of 12 weeks of practice is essential, but significant change is possible only for those who truly desire self-transformation. While dedicated individuals may be few, KMRR aims to bring the benefits of this project to the public.
- ❖ This transformative change will greatly improve physical health, family well-being, and social welfare. Believing that nature and the world are within oneself means inner change also transforms one's surroundings. Through Apoorva Pranayama and Aditya Yoga Nidra, combined with Music Therapy, it is possible to overcome genetic diseases and mental weaknesses, and understand the difference between greed and gain.



KMRR - APOORVA YOGA WORKSHOP @ Various Organizations

KMRR has conducted Apoorva Yoga Workshops at Various Organizations as a part of its Research Programme.

Few of them are:

- ❖ **NIMS-Nizam's Institute of Medical Science**
- ❖ **CBIT-Chaitanya Bharathi Institute of Technology**
- ❖ **Red Cross Institute of Yoga & Nature Cure**
- ❖ **Valens Molecules Corporate Office**
- ❖ **Malla Reddy Girls College**
- ❖ **University of Hyderabad**
- ❖ **GHS, Jawahar Nagar**

APOORVA YOGA ONLINE SESSIONS FEEDBACK

KMRR has also successfully conducted online sessions of Apoorva Yoga. Few feedbacks are given below.



RAGA JYOTHI

I am a Yoga trainer and I have recently attended online sessions conducted by KMRR under the guidance of Dr. C.V. Rao. These sessions offered deep insights into stress: its causes, effects, and ways to overcome it through simple yoga asanas, unique pranayamas, and meditation.

Before this course, I knew only one pranayama technique. Now, I've learned various pranayamas using hand gestures and mudras, which I'll incorporate into my yoga sessions.

The instruction on meditation was clear and systematic, providing valuable tips for maintaining happiness and mental clarity. Additionally, I received guidance on conducting online pranayama sessions effectively.

This experience has greatly enriched my knowledge and skills, which I am eager to share with my clients.

APOORVA YOGA ONLINE SESSIONS FEEDBACK

ANAND RAYABAGHI



I am 70 years old and recently attended Apoorva Yoga online sessions conducted by KMRR. These classes have greatly improved my well-being. I feel happier, more active, and energetic. My mind is refreshed, and my sleep has improved from 4-5 hours to 6-6.5 hours, now falling asleep by 10 PM.

My chronic cough and wheezing have reduced, and my 40-year battle with constipation has ended without medication. I now have regular, easy bowel movements and feel lighter and healthier.

I also lost 1.5 kg in the past month. Overall, these sessions have significantly enhanced my health and quality of life.

APOORVA YOGA ONLINE SESSIONS FEEDBACK



K. SHARADA

I have been taking Yoga training under the expert guidance of Dr. CV Rao ji for two years. Initially, I was skeptical about online yoga training, but Dr. Rao's personalized approach and precise corrections quickly put my doubts to rest. Throughout my training,

I have experienced numerous positive changes:

Eating Less Quantity: Dr. Rao's holistic approach has helped me become more mind eating habits, leading to healthier and more controlled portions.

Increased Focus and Patience: The mindfulness techniques and meditation practices have significantly improved my ability to concentrate and maintain patience in daily life.

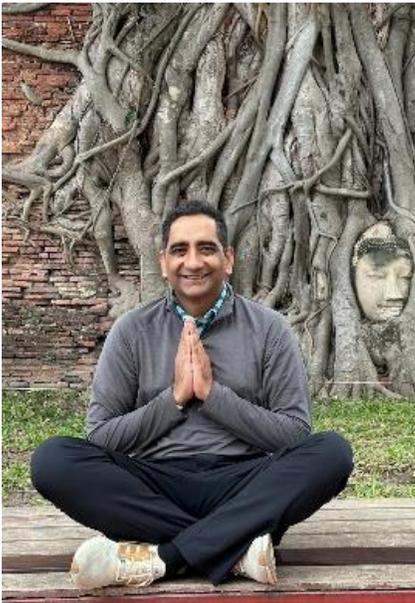
Reduced Menstrual Cycle Abdominal Pain: The specific yoga postures and breathing exercises tailored by Dr. Rao have greatly alleviated my menstrual discomfort.

Feeling Energetic: The regular practice has revitalized my energy levels, making me feel active and vibrant throughout the day.

Lost Weight, Toned Body: Consistent yoga practice has resulted in noticeable weight loss and a more toned physique. Dr. CV Rao ji's expertise and dedication have truly transformed my yoga practice and over being. I highly recommend his online yoga training to anyone seeking substantial physical and mental benefits.

APOORVA YOGA ONLINE SESSIONS FEEDBACK

SHIVA KOMAREDDI



Shiva Kommareddi, Male, 54 Years

My workplace/ job designation: Accenture USA, Managing Director

I have been taking Yoga classes regularly from Dr C.V Rao (at KMRR) for about a year. I generally take this class via Video call, 4-5 times a week.

Dr. CV Rao's training has been a very positive influence on my health and outlook. Most importantly, the training has instilled a discipline in me to do this every day.

Dr. Rao's training is personalized and grows with my readiness (unlike in a group class, where I feel that I am not ready for some poses).

Dr. Rao's punctuality, patience and professionalism stand out amongst other similar trainers.

APOORVA YOGA ONLINE SESSIONS FEEDBACK

ANIL KOMAREDDI



I had the privilege of being trained at KMRR Yoga under the expert guidance of Dr. CV Rao ji for over a year, alongside my wife. Despite initial skepticism about online training, Dr. CV Rao ji's personalized approach and meticulous care made every session on Zoom an enriching experience.

Throughout the duration of our training, I witnessed remarkable improvements in various aspects of my physical well-being.

From posture to mobility, and from back and neck pains to knee discomfort, the tailored Yoga sessions at KMRR Yoga addressed each concern with precision. What stood out the most was the attention to detail in crafting each session to suit the specific needs of the day. Incorporating a blend of stretches, Apoorva Pranayama Techniques, and mini Yoga Nidra sessions, Dr. CV Rao ji ensured a holistic approach to our practice, fostering both physical and mental rejuvenation.

Overall, my journey at KMRR Yoga was nothing short of transformative. Dr. CV Rao ji's expertise coupled with the convenience of online training proved to be a winning combination, leaving me with a profound sense of gratitude and renewed vitality. I wholeheartedly recommend KMRR Yoga to anyone seeking genuine wellness through the ancient art of Yoga.

APOORVA YOGA ONLINE SESSIONS FEEDBACK

K.S LAKSHMI



I am 55 years old and recently attended Holistic Apoorva Yoga online sessions by KMRR to lose weight. In one month, I lost 2 kg, reducing my weight from 85 kg.

I also struggled with a lack of confidence, overthinking, and poor self-discipline. Before these classes, I was inconsistent with yoga, often skipping days.

After a month, I feel more confident and disciplined. My body and mind have become more flexible, and my positive thinking has increased.

I now follow the dietary advice given by Dr. C.V. Rao. The teachers instilled in us the confidence to learn at any age. I eagerly completed my household chores and looked forward to each class with enthusiasm.

I am grateful to Dr. C.V. Rao and all the teachers at KMRR for their support and guidance, which have significantly improved my well-being.

APOORVA YOGA ONLINE SESSIONS FEEDBACK

ARUNDHATI



I have attended the online Holistic Apoorva Yoga sessions conducted by KMRR. Initially, I was skeptical about how effective online yoga sessions could be.

However, these sessions turned out to be truly excellent and effective. Despite being online, all the teachers did a fantastic job.

They observed and noted every minute detail while we practiced Yoga and Pranayamas, offering corrections as needed. We also received personal counselling.

After attending these classes, I found relief from sinus issues and started my weight loss journey with their guidance. I am very thankful to all the teachers at KMRR for their excellent guidance.

APOORVA YOGA ONLINE SESSIONS FEEDBACK

C.H RADHA



I have actively and enthusiastically participated in online sessions conducted by KMRR and as a result, I have lost 1.5 kg in one month.

Beyond weight loss, I have experienced relief from daily mental stress, overcome laziness, established a regular yoga practice, and learned to eat adequately based on my body's signals.

Self-discipline has come naturally. I am grateful to all the teachers at KMRR for their excellent training. I especially thank Dr. C.V. Rao and all the teachers for their guidance.