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### Manavalakalai Yoga

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Shri Vethathiri Maharishi, a spiritual leader, developed the SKY Yoga [Simplified Kundalini] system after his years of intense meditation, yogic practices, research and spiritual realizations. The Basic Course, Called "Foundation Course" is of 5 days duration in English.

### Yogiraj Vethathiri Maharishi - Vethathiri Maharishi

Today, she is a SKY YOGA certified practitioner in Simplified Kundalini Yoga (Manavalakalai), blessed by Yogiraj Vethathiri Maharishi. When Is The Best Time To Practice Yoga? Practicing yoga first thing in the morning sets the routine right. It gives you clarity and the ability to stay undisturbed from the task at hand.

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I highly recommend Kayakalpa Yoga for all adults above the age of 14 years. It energizes you within a few minutes and removes distress. By Dr. Vandana K, Bangalore. Our Founder Father. May the Whole World Be Blessed by the Divine! Yogiraj Shri Vethathiri Maharishi (14 August 1911 – 28 March 2006)

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Excellent web site for Annanagar Manavalakalai Mandram Trust. It Contains all information.Looks simple and more informative. Very useful site to all 'Manavalakalai' members and others too. My best Wishes and Thanks to the Site Administrators. ArulNithi K. Loganathan, March 2, 2014 at 7:31 PM

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