



EVEREST YOGA INSTITUTE

Reg. No 2909165

ISO9001:2015

Ludhiana & Rishikesh (INDIA)

Registered with YA USA, YA INTERNATIONAL, YA ID- 257949

2 Oct ,2021

WORKSHOP FOR SENIOR CITIZENS.

A workshop for senior citizens at Senior Citizen's Foundation, Kitchlu Nagar, was conducted by team Everest. The entire program was supported by Mr Yashpal Bangia & other members of foundation. This was a great opportunity to fill our bags with blessings from our seniors.



4 Oct ,2021

GRADUATION CEREMONY FOR ONLINE YTT STUDENTS.

An online graduation ceremony was ushered for the students who are persuing online YTT with Everest. This was a unique way to celebrate the completion of their Teacher Training Course. Special guests who were part of the ceremony were- Yog Guru Suneel (Founder of Urban Yoga Studio), Acharya Mukesh Ji (Founder & President- Yogdootam), Dr. Guneet Monga (Yogacharya & Physiotherapist, Founder & Director- Samatvam Yogashala, Udaipur), Dr. Vinod Nautiyal (HNB Gharwal University, Srinagar, Uttarakhand). They blessed the yogis & shared their experiences to enlighten them for next adventure of life.

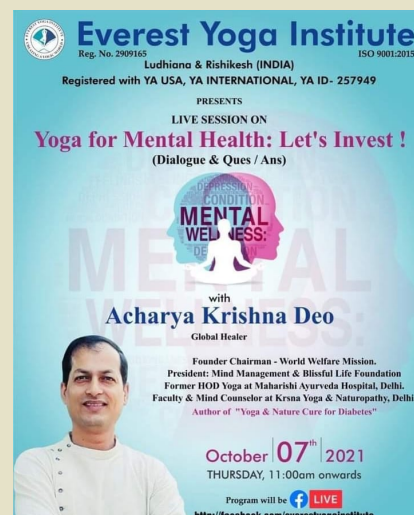


The passed out Yogis are- Ms Nibedita Sahu, Ms Tanvi Dhirav Mehta, Ms Vasanthmalar Chenkuttuvan, Ms Sadhna Singhal

7 Oct ,2021

WORLD MENTAL HEALTH DAY- LIVE PROGRAM.

We are in the midst of global crisis resulting in widening health, economic & social inequalities in all sectors. Acharya Krishna Deo delivered a live interactive session through Everest where students, teachers & common people got an opportunity to come together to highlight how mental health issues can be addressed through Yoga, so we can enjoy good mental health & wellbeing.



9 Oct ,2021

WELCOME & GRADUATION CEREMONY FOR ONSITE STUDENTS.

Dr Satwant Kaur Bhullar (Educationist & Welfare Worker, Principal- DAV School, Pakhowal Road, Ludhiana) honoured the ceremony which was a special occasion for the students who joined Everest for YTT & the ones who completed their training. She wished them good luck. She shared her experiences through cancer & her role as a principal. She emphasised that children need to connect with yoga so they can be better human beings.

The young yogis who accomplished the training were - Prabhgun kaur, Karul Tyagi, Myra Gulhati, Chahat Matta, Ramandeep Kaur, Irene Kaur, Harleen Kaur. New joiners were- Pallavi Matta & Amanjot Kaur



12 Oct ,2021

LAUGHTER YOGA WITH GRAND PARENTS @ KIDS LAND PLAYWAY SCHOOL,LDH.

Kids Playway School invited team Everest to have a memorable time with grandparents. Grandparents are unique caregivers for the children in the family. They inculcate moral values & pass on family traditions to the younger generations. EYI is thankful to Mrs Ritu Soni (Principal & Director -Kid's Land Play Way School) for making this possible.



20 Oct ,2021 LIVE SESSION ON YAMA & NIYAMA WITH YOGACHARYA DHAKARMA SPAKOTA.

Live Session on the theme Yama & Niyama by Yogacharya Dhakaram Sapkota was organised for the YTT students & facebook followers of Everest. Everyone came together to identify how's & what's about- Social & Personal Disciplines, as laid by Maharishi Patanjali. It was an interactive session. Yama & Niyama are the foundation of yogic lifestyle without which one can't attain progress on the path of yoga



23 Oct, 2021

WHEEL YOGASANA ONLINE COURSE.

Yogi Sanjeev Tyagi with yoga teacher Priya Rawat, conducted Wheel Yogasana Course for yoga lovers. This was an online course that was certified by YA USA. He has devised asanas & multiple variations of asanas with different props so one can attain balance & body stability easily. Yoga Wheel is a great prop. Yoga teachers as well as yoga students from various countries connected to have a great teaching & learning experience.

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B099912013

Presents

WHEEL YOGASANA ONLINE COURSE (INTERMEDIATE LEVEL)

(A Certified Course)

ASANAS WITH YOGA WHEEL FOR SPINAL MOBILITY & STRENGTHENING

With
Yogacharya Sanjeev Tyagi
(Founder of Multi Style Yoga)

YOU WILL LEARN

- 20 asanas with yoga wheel for spinal mobility and strengthening.
- Types of yoga wheel to be used.
- Do's and Don't of yoga wheel while use in asana.

**Saturday, 23 October, 2021
11:00am to 1:00pm (IST)**

ONLINE COURSE on zoom

Educational Category: TTP Teaching, Training & Practice

YACEP
YOGA ALLIANCE

24 Oct, 2021

CERTIFICATION CEREMONY FOR PYSA CHAMPIONSHIP,2021.

Certificates were given to the winners in Punjab Yogasana Sports Championship, 2021. Championship was held @ Amritsar & organized by Amritsar Yogasana Sports Association.



The Winners were:

1. Vishal Chaudhary (Artistic Pair-1st), Athletic- 2nd)
2. Niharika Garg (Artistic Solo-2nd)
3. Supreet Kaur (Artistic Solo-1st & Artistic Pair-1st)
4. Dikshika Malik (Artistic Solo-3rd & Artistic Pair-2nd)
5. Divyaman Tyagi (Artistic solo-2nd & Artistic Pair-2nd)
6. Shivam Malik (Athletic Yoga-1st & Artistic Solo-1st)
7. Amisha Bala (Artistic Solo- 2nd & Artistic Pair-2nd)
8. Kamal Arya (Athletic Yoga-1st & Artistic Pair-1st)
9. Sukh Sharma (Athletic yoga-1st & Artistic Pair1st)
10. Shiv Kumar (Athletic Yoga- 1st)
11. Aatmik Tyagi (Athletic- 2nd)
12. Pakhi Gulati (Artistic Solo-2nd & Athletic-2nd)
13. Raina Khurana (Athletic-2nd)
14. Armeen Kaur (Athletic & Artistic Pair-1st)
15. Harleen Kaur (Athletic Yoga & Artistic Pair- 1st)
16. Dilpreet Kaur (Artistic Solo-3rd, Artistic Pair-1st, Athletic Yoga-2nd)
17. Karul Tyagi (Traditional-1st, Artistic Solo-1st)
18. Prabhgun Kaur (Traditional-2nd, Artistic Pair, Artistic Solo-3rd)
19. Kritika Sharma (Traditional-2nd, Artistic Pair-1st & Artistic Solo- 3rd)
20. Shilpa Tyagi (Traditional 1st & Artistic solo- 3rd)
21. Atul Tyagi (Traditional-2nd & Artistic Pair-1st)
22. Mishka Tyagi (Traditional Artistic Solo-1st)
23. Priya Rawat
Artistic Pair-1st & Rhythmic Pair 1st)
24. Kimaya (Athletic-2nd)