



SANJEEV KRISHNA  
YOGA

# Kalarippayattu

[Nature's gift to mankind]



# Concept

If you observe in nature, mother is the greatest warrior when it comes to the protection of her child, likewise when endangered, this art of self-defense becomes a protective mechanism to protect oneself and dear ones in danger.

Since human mostly live in comfort zones their muscles memories are not activated to protect themselves when endangered. Kalari can help to master this technique of self-defense in all adverse situations.

# Origin

Kalari is a defensive mechanism originated by observing keenly the world of nature, and the postures they adopt when endangered.



# Description

Kala means art and kalarippayattu is an art to defend oneself. This has been originated, like the yoga stretches/ postures, by keen observance from the world of nature. Hence nature is our teacher here again. Great masters in India from ages has keenly with the power of observance, developed this art form to activate the muscle memories of the humans, inherent and lying dormant, to defend themselves in any endangered situations.



# According to me why Kalarippayattu should be an addendum to follow the practice of Ahimsa of Ashtanga Yoga.

In Ashtanga Yoga sutras of our Maharishi Patanjali, Ahimsa is the first principle of Yama. Non-injury to anyone in words, actions, thoughts and deeds is emphasized so that by hurting others unknowingly, it hurts oneself, being in universal consciousness. But when some out of ignorance physically come to attack, it is essential to protect our body from damage or else life itself will be extinct to practice anything. Hence learning and mastering the physical protection is more a necessity for adhering Ahimsa on a practical level. Hence this art of self-defense is more a pre requisite for following such principle in our lives than an option.



# Importance of Kalari in personality development

This is an ideal requirement for children and for all to master this art form from childhood, so their energies are well utilized and well diverted for learning, mastering to defend and protect themselves in any adverse situations.

This makes the individual more confident, courageous, fearless, with good bodily strength, endurance etc. and well-disciplined and principled to help them to attain all the full nesses and blossom him/her into better personalities.





Kalaripayattu in  
relation to Nadis or  
meridian points.

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Kalaripayattu is a boon to humanity .when applied sensibly can transform our new generation into a long living, efficient human beings by strengthening the ten nadis in the body.

Marma(vital points) are located in human body along the nadis and joints. The art of Kalari teach us to prevent any shock at such vital points. It also enable us to deliver deadly attack on the marma points of our opponent, majorly for self defense.

Kalari explains 108 such vital points on our body and various methods of knocking and massaging on such points to relieve this bad effect caused by any attack.

Kalari treatment can awaken nadis and bless us with a healthy body, happy mind and youthfulness



## About Guruji Sanjeev Krishna

Guruji Sanjeev Krishna is a Yoga Acharya, founder of Sanjeev Krishna Yoga, affectionately addressed by all as “Guruji”. He has been in this knowledge of the YOGIC wisdom from childhood. With a backing of nearly four decades of knowledge in the field of Yogic science, as a student, trainer and as a practitioner in this unique knowledge, Guruji finally decided to pursue his passion which had been his true companion in all facets of his life. With the grace of all Great Masters and well-wishers finally pursued his passion by setting up his first centre in Dubai, UAE in the year 2003.

He has been awarded by the DOHMS [Department of health and medical services] during 2004 DSF for the awareness campaign conducted by the government for the contribution to world health through yoga





# Sanjeev Krishna Yoga

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First ISO 9001:2015 certified Yoga Centre in the Middle East by Intertek.

Established in the year 2003 in the name of Rhythm Yoga Centre.

Conducted Seminars in various public platforms and Educational Institutions.

Associated with many schools and universities including AUD (American University in Dubai) for imbining this knowledge for the children and teenagers.

Conducted corporate programs for Government bodies like KHDA (Knowledge and Human Development Authority, Govt of Dubai) and FANR (Federal Authority of Nuclear Regulation).

