



**15000+**  
STUDENTS

**4000+**  
YTT  
GRADUATES

**2000+**  
WELLNESS  
GRADUATES

**100+**  
PROJECTS

**JOIN YOGBLISS MISSION**  
**WELLNESS BEFORE BUSINESS**



**YOGBLISS**<sup>TM</sup>  
Wellness Before Business



An International Affiliations

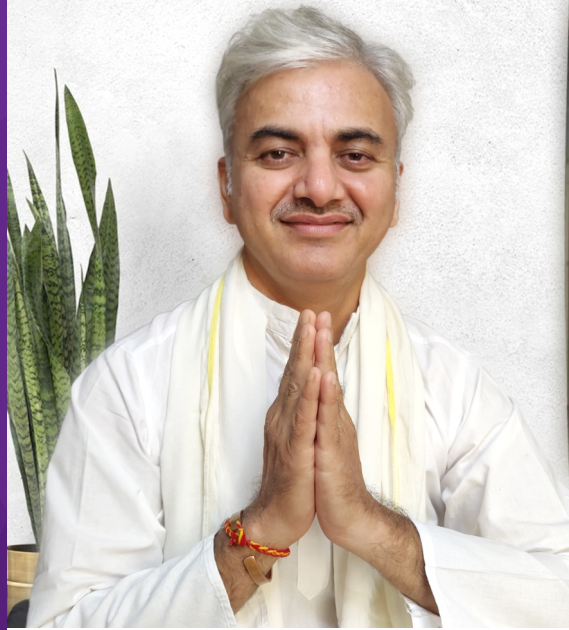
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**YOGBLISS**  
Wellness Before Business

## FOUNDER

Born in India with the yogic & spiritual legacy of the Dasnami Goswami lineage, founded by Adhya Jagadguru Adi Shankaracharya, Rakeshgiri Goswami is a visionary who lives by the motto: "Wellness Before Business". He is the creator of the powerful and practical Prana Flow Series a life-enhancing approach. His unique & revolutionary expertise blends timeless Sanatan wisdom with modern sciences like Metaphysics, Breatheology and Neuroplasticity. With a grounded, logical & realistic method, he empowers individuals to awaken their highest potential, harmonize body-mind-energy & live a blissful & balanced life even in today's fast-paced, stressful world.



## RAKESHGIRI GOSWAMI

- Creator of Prana Flow
- International Board Director - YAI, WYF, MAI
- Course Director - M.S. University
- Yoga & Meditation Grandmaster
- Holistic Well-being Mentor
- Arhatic Pranik Healer
- Naturopath, Marm & Ayurherb Specialist.

## ASSOCIATE DIRECTORS



### ARPAN SHAH

- International Ambassador - YAI
- International Travel Consolidator
- Mt. Kailash Yatra Operator



### KOMAL AGARAWAL

- International Brand Ambassador - YAI
- Master in Yoga - 1000 Hrs.
- ATD Certified Trainer

## Our MISSION

To train WELLNESS WARRIORS who can:  
Understand the 5 dimensional existential limitations and strength thoroughly with scientific and realistic spirituality.

Transform their limitations into strength.

Transcend their awareness and realize their maximum potential, and ultimately convert their potential into performance.

## Our VISION

In Ancient times Mother-Earth was flourishing with overall well-being (GOLDEN AGE). We aim to bring back Golden Age through Yoga and realistic spirituality blending with modern science update, psychology and management models to flourish well-being in all the 5 dimensions {physical, energetical, psychological, social and spiritual} Wherein Yoga and Wellness teachers will guide deep into all 5 dimensions of existence.

## EXCLUSIVE WORKSHOPS

1. Prana Flow
2. Sun Yoga
3. Moon's Whisper
4. Divya Jyoti Dhyana
5. Sahaj Jivan (Art of Effortless Living)
6. CSR (Corporate Spiritual Realization)
7. Unfolding Mysterious Science of Yoga
8. Many More..

OUR NATIONAL AND INTERNATIONAL  
**CERTIFICATE COURSES**

NO.	COURSE DETAILS	INSTITUTION
Y01	Yoga Teacher Training Course (YTTC 200, 300, 500 Hrs.)	YAI WYF
Y02	Meditation Teacher Training Course	MAI
Y03	Pranayam Teacher Training Course	YOGBLISS
Y04	Prenatal & Postnatal Yoga Teacher Training Course	YOGBLISS
Y05	Yoga Certificate Course	YOGBLISS
Y06	Pranayama & Meditation Certificate Course	YOGBLISS



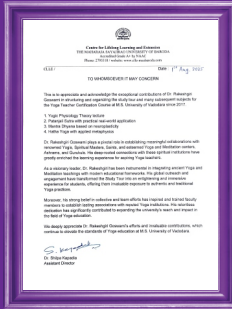
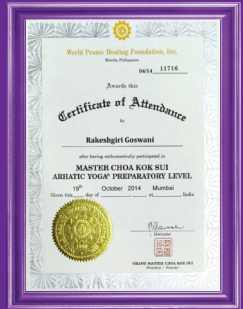
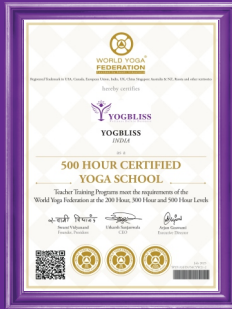
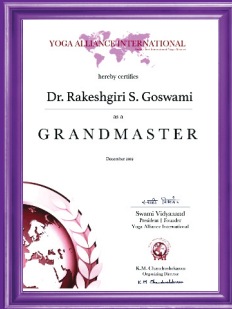
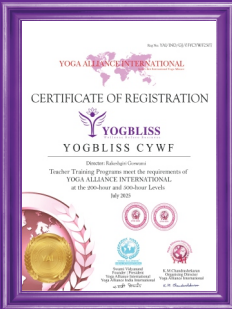
## Our Holistic Well-being Services (Online & Offline)

WORKSHOPS	REGULAR WELLNESS SERVICES
1. Solar Power Manifestation	1. Group Yoga Classes
2. Power of Breathe	2. Therapeutic/Clinical Yoga
3. Yoganindra	3. Yoga For Stress Management
4. Yogic life style	4. Yoga For Senior Citizens
5. Yogic way of Management	5. Personal Yoga
6. Patanjali Yoga Sutra	6. Yoga For Kids
7. Aqua (Water) Yoga	7. Counselling Session
8. Single Session of Yoga Awareness	8. Healing Session
9. Corporate Wellness Program	9. Weight Loss & Fat Loss
10. Freedom through Forgiveness	10. Yoga With Props (Pilates, Weight Etc)
11. Oh Dear Relax please	11. Yoga Mentoring For Yoga Teachers
12. Gratitude Meditation	12. Wellness Coaching
13. Character Building Meditation	13. Nature Retreat
14. Pain Management Session	14. Ayurherbs Products
15. Integrated Rehabilitation in Hospitals	15. Mantra Yoga
16. Corporate Stress management program	16. Multi-style Yoga (Ashtanga, Power, Hathyoga Etc)
17. Text learning & adapting (Hathayoga, Patanjali sutra etc..)	17. Advanced Digital Scanner (aura, Chakra, Gp, Vastu Etc.)

### Collaboration:

1. Forming affiliations with international organizations.
2. Establishing partnerships & collaborations with other Universities, Yoga centers, Wellness centers, Naturopathy / Ayurvedic centers, NGOs, Government projects, Gyms, etc.

# AFFILIATIONS & ACCREDITATIONS



# Transform yourself from HUMAN TO SUPERHUMAN



HEALTHY & FIT

ENERGETIC & REJUVENATE

PEACEFUL & BALANCED

PATIENCE & TOLERANCE

REALISTIC & BLISSFUL

# GALLERY

