



Unlock Your Child's Hidden Brain Potential

Yogic Method for Memory, Focus, Intuition & Emotional Strength

Vedic Manas Yoga is a structured program designed to activate the natural learning abilities of children, improving memory, concentration, creativity and confidence through ancient yogic techniques and modern brain-based activities.

Ideal Age Group

**5-17
years**

Program Duration

**2 Days
14-16 Hours**

Program Format

**School Workshop
Weekend Program**



Param Pujya Swami Ji's Message:

The Vedic Manas Yoga is a holistic approach that integrates ancient Vedic concepts with practical yoga techniques making it accessible to individuals at all levels of experience. Its potential awakens inner consciousness and aligns the energies of body, mind and spirit. It focuses on mindfulness, intuition, and mental health benefits.



Why This Program is Important Today?



Today's children face:

- Excess screen exposure
- Low concentration span
- Memory pressure
- Emotional stress & anxiety
- Lack of creativity development
- Fear of exams & low confidence

VMY helps children develop **strong inner abilities** that support academic success and life confidence.

According to the uploaded leaflet, the program focuses on improving **memory, grasping power and logical ability.**

Key Brain Development Benefits for Children

- Cognitive Development
- Personality Development
- Emotional Development
- Intuitive Development
- Academic Benefits

Param Puja Acharya Ji's Message:

Vedic Manas Yoga is a holistic system that fosters a child's cognitive, emotional, and overall development, strengthening focus, confidence, and well-being through structured yogic practices. It emphasizes the untapped capability of human brain using ancient vedic principles.



Arvind Rana ji, Master Trainer, VMY

Vedic Manas Yoga is not just a program, but a powerful initiative for the holistic development of children. In today's time, children need not only education, but also concentration, confidence, values, and emotional balance. I firmly believe that this initiative will become a meaningful step towards creating a positive transformation for society and future generations



Scientific & Yogic Techniques Used in VMY Program



Pranayama
(Breathing Techniques)



Meditation
Practices



Brain Gym
Exercises



Sound & Mantra
Vibrations



Yoga Asana
Practices



Yagya
Process



Creative Visualization
Activities



Fun Learning
Activities



Blindfold
Activities

6 + 6 = one

Cognitive Skills

Spiritual Qualities

Integrated Human Being



Cognitive Development



Better Focus & Concentration



Strong Memory & Recall



Logical & Analytical Thinking



Creativity & Imagination



Faster Learning Ability



Brain Coordination

Spiritual Development



Emotional Stability



Self Awareness



Confidence



Discipline & Mind Control



Values & Character



Clarity of Direction

Why Parents Choose VMY Program

• Parents want children to be •



Focused

Better focus and concentration in studies and life.



Intelligent

Develops sharp thinking and problem solving ability.



Confident

Builds self-esteem and the confidence to face challenges.



Emotionally strong

Helps manage emotions and stay calm in every situation.



Creative

Encourages imagination, innovation, and original thinking.



Successful

Prepares children to achieve their goals and create a better future.



VMY develops all these qualities through a structured approach combining **ancient wisdom** and **practical exercises**.

How VMY Helps Schools



Benefits for Schools



Improves academic performance



Enhances school reputation



Helps create focused students



Improves classroom discipline



Supports NEP-based holistic education model



Value-based education integration



Can be conducted as



School workshop



Annual brain development program



Skill development activity



Value education module



About Vedic Manas Yoga

Vedic Manas Yoga is a holistic system integrating ancient Vedic principles with modern learning techniques to enhance mental, emotional and intellectual development of children.

The program emphasizes:

- ◆ Mindfulness
- ◆ Brain activation techniques
- ◆ Memory enhancement methods
- ◆ Concentration development practices
- ◆ Emotional intelligence development



दिव्य योग मंदिर ट्रस्ट संचालित

वैदिक मानस योग

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