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Saipaduka Yoga & Spiritual Study Centre

Bangalore, India

By “Learning + Practicing Yoga & Understanding Vedanta”

In our

Life Improvement For Ever (LIFE) Classes

You can optimize your physical health, Gain Emotional Maturity &  
Psychological Independency

After completing a decade of highly successful journey of serving the society and reaching the top position in India from the point of Providing Maximum Types of Health Benefits (as posted by our students in ‘Google’ & ‘Just dial’ websites),

We now offer our ‘Residential Program’. For more Details,

please see our website: <http://saipaduka.org/residential-course-programme/> or if interested, call:  
+91-9916494729.

Best Wishes,  
Jayakumar. S.K

Founder of the Centre and author of the book ‘Own Your Self & Enjoy Completeness’, the manual on Self-knowledge that guides to Enjoy the Unlimited Happiness, Satisfaction Peace & Security, the Goal of Human Life. It is the outcome of Contemplative listening for about Ten thousand hours of more than 1 lakh pages of Scriptures. The book was guided and endorsed by Pujya Swamiji Sri Dayananda Saraswathi (pl see in the above given link) and Released by him In the inaugural function of the spiritual camp (Chandokya Upanishad) held in the ‘SVYASA’ Yoga University, Bangalore on 7-2-2011. Details about the book are available in our website ‘saipaduka.org.