

## Manavalakalai Yoga

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*Vethathiri Maharishi Yoga Simplified Physical Exercises ...*

Shri Vethathiri Maharishi, a spiritual leader, developed the SKY Yoga [Simplified Kundalini] system after his years of intense meditation, yogic practices, research and spiritual realizations. The Basic Course, Called "Foundation Course" is of 5 days duration in English. The courses will be conducted by senior SKY Professors.

*Yogiraj Vethathiri Maharishi - Vethathiri Maharishi*

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Excellent web site for Annanagar Manavalakalai Mandram Trust. It Contains all information.Looks simple and more informative. Very useful site to all 'Manavalakalai' members and others too. My best Wishes and Thanks to the Site Administrators. ArulNithi K. Loganathan, March 2, 2014 at 7:31 PM

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