



NAAM
YOGA®

Media Kit

NAAM YOGA® naamyoga.com

NAAM YOGA is a new mind body fitness practice that is changing lives.

It is a complete science and yogic practice that works with sound, movement, and breath to restore the flow of vital energy throughout the entire body and an invaluable self-healing technology that balances the brain, the glandular, digestive and nervous systems, allowing people to experience vibrant health and well-being.

Currently reaching thousands of people worldwide, NAAM YOGA® is helping to heal disease, relieve chronic and emotional pain, manage stress and reduce anxiety and depression. NAAM YOGA® workshops, yoga classes, and training programs are available in Brazil, Canada, Czech Republic, England, Germany, Israel, Mexico, Spain and Switzerland, in addition to those located throughout the United States.

Coming soon, NAAM YOGA® LA in Santa Monica. This unique new yoga and healing center, opening in 2011, will provide an array of classes and community programs, free of charge or at cost, for all, especially those who are being faced with specific health challenges.

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What is Naam Yoga?

NAAM YOGA® is a unique yogic practice based on a self-healing technology that helps heal disease, relieve chronic and emotional pain, manage stress, and reduce anxiety and depression. It is a complete science that balances the glandular, digestive, and nervous systems allowing people to experience vibrant health and well-being.

NAAM YOGA® is committed to global self-healing and to making this self-healing science accessible to everyone through classes, special events, community outreach programs, NAAM YOGA® THERAPIES training programs, and scholarship opportunities. Our goal is to unite and serve people from all walks of life and all parts of the world.

NAAM YOGA® is one of the most in-depth, precise and comprehensive systems of yoga in the world. Through its innovative use of movement, breath, and sound therapy, one achieves optimal health and well-being.

Teachers of NAAM YOGA® draw upon a vast repertoire of techniques and therapeutic modalities. The science of mudra therapy, alone, contains more than 500 hand postures that work with the body's meridians to positively affect major diseases and ailments.

"Your brain is your command center. How you develop it will determine what you make of your life. What does a pilot do when the weather is rough? He rises above the clouds! The existence of a problem in your life just means you need to keep going up—just keep raising your vibration."

Founder of NAAM YOGA®, world renowned yogi, mystic and Universal Kabbalah Master,

Dr. Joseph Michael Levry

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Where is Naam Yoga?

NAAM YOGA® healing and yoga centers, workshops, classes, and training programs are currently available in countries across the globe, including Brazil, Canada, Czech Republic, England, Germany, Israel, Mexico, Spain, and Switzerland in addition to those located throughout the United States.

NAAM YOGA® NYC New York City

This non-profit organization was gifted to New York City and has been operating for 10 years, with the goal of bringing healing and light to both New Yorkers and people from all over the world and a charter is to inspire, uplift, and promote individual as well as group well-being. Community outreach programs continue to provide scholarships and complimentary yoga classes and workshops to individuals in the New York City area and beyond.

NAAM YOGA® LA 1231-35 4th Street, Santa Monica, CA 90401

Naam Yoga® LA, is our international headquarters and the largest yoga, meditation, research and healing center in Santa Monica, CA, located one block from Third St. Promenade. Our spacious 7,000 sq. ft. venue offers cathartic sun-drenched studios, private healing rooms, a Naam Lounge, Naam Boutique, a gracious communal area, and a heart and health-inspired array of yoga classes and therapeutic programs.

Our goal is to help people of all physical and economic capacities achieve permanent self-healing, with a unique emphasis on community and raising global consciousness. Universally inspired, the center also offers a wide range of yoga disciplines, Universal Kabbalah workshops, Harmonyum healing, acupuncture, dance and movement classes, teacher training programs, lectures and much, much more.

Naam Yoga® LA is as much about helping the community as it is about self-healing, which is why many of our classes and community programs are provided free of charge. It is our belief that true healing takes into account the physical, emotional, and mental nature of mankind, and at Naam Yoga LA we strive to provide the quickest and most effective modalities of healing currently available.

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Why Naam Yoga?

NAAM YOGA® is an empirically proven system for rehabilitating the nervous system. It provides practitioners with the necessary tools to alleviate chronic stress and prevent disease. Through its innovative use of movement, breath, and sound therapy, one may achieve optimal health and wellbeing. NAAM YOGA® is a unique merging and refining of the world's most powerful traditions. It is a spiritual science and art that merges yoga's highest practices.

Our NAAM YOGA® teachers are Yoga Alliance Certified and well known for their ability to create personalized programs for specific health challenges. Programs and classes range from pre and post-natal to children's Naam Yoga to classes designed for the more mature and young at heart, as well as classes and programs for those adults looking for a more physically intense workout.

Stress Buster

To make a long scientific story short, NAAM YOGA® balances the Autonomic Nervous System (ANS). The ANS has two parts: the parasympathetic nervous system and the sympathetic nervous system. Stimulating the former helps the body relax, digest, and recover, while overstimulation of the latter increases our fight/flight reaction patterns. NAAM YOGA® works as a soothing balm to these systems, bringing both into balance for feelings of indescribable peace.

NAAM YOGA® and the Brain

By increasing neurons and enhancing their ability to communicate in more effective and diverse ways, NAAM YOGA® claims to increase the functionality of the brain so that it may be commanded to see clearly through challenging situations, offering optimal solutions to so-called 'problems'. This science has long been known and selectively shared throughout many centuries by advanced yogis, mystics, and enlightened persons.

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How does Naam Yoga work?

NAAM YOGA®, like quantum physics, holds that everything in this universe is vibrating at various energetic levels. Sickness is nothing more than a less-than-optimal energetic state that can be altered, enlivened, and nourished to a higher frequency. NAAM YOGA® gets us to that place where our thoughts are consistently of a high vibration and this enhances the entire energetic make-up of our being, allowing for the experience of health and vitality.

In creating personalized programs for clients and at classes in our Naam Yoga Centers our expertly trained teachers apply their knowledge, experience and the practical application of:

The Science of Mudra Therapy: Mudras, or hand seals, have specific medical applications that can be used as tools in stopping and reversing physical, emotional and mental imbalances. In addition, via the vast matrix of meridians running through the body, it is possible to alleviate pain and speed up the healing process by massaging specific points on the hands.

Physical Anatomy, Nervous System Physiology and Neurobiology: An understanding of the impact of sound and vibration from a medical perspective. (Using sound to energize and restore proper organ function)

Yogic sets: Includes hundreds of exercises with numerous benefits for body and mind.

23 Highly Specialized “Ra Ma Da Sa” Healing Mudra Series: These healing series remove blockages and restore harmony in the subtle living energy networks that feed and nurture all of the body’s tissues and cells.

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Who is Naam Yoga's founder?

Dr. Joseph Michael Levry is a tireless and dedicated teacher, world renowned mystic, writer and lecturer. With more than 30 years of experience teaching and researching, he has developed the NAAM YOGA® certification program which is dedicated to training teachers in the prescriptive aspects of yoga (NAAM YOGA® THERAPIES).

His work is an invitation to discover the intense and pure inner life of an authentic Spiritual Master who, at the dawn of the 21st century, is bringing a renewal to spirituality. With his extensive experience, study, research, and teaching throughout the world, he has created a unique synthesis of the powerful teachings of Kabbalah, NAAM YOGA® and the Eastern healing arts.

He is also the president of Rootlight, Inc., a publishing, production and consulting company which produces sacred music and books whose mission is to serve and support the total well-being of individuals everywhere by revealing sacred truths that have the power to transform and heal through music, mantra, mudra, sacred writings, yoga practice, consultation and lecture.

He has also developed HARMONYUM, a transcendental healing system that allows the subconscious mind to release deeply rooted negative patterns that are not beneficial to one's overall health and well-being.

Health: ["Detox Diet"](#)



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What people are saying about Naam Yoga

"The idea of the moment is detox - not the Betty Ford Center type, but the kind that promises to rid your body of impurities and leave you trimmer, energized, and more focused. Just what I needed."

Fitness: "Fitness Forecast"

"Who it's for: Those looking to relieve stress and focus inward [...] this style of yoga can improve your mood."

Time Out New York: "Chakra Treatment"

"Traditional disciplines combined with energy therapy are helping New Yorkers go with the flow."

Time Out New York: "A little peace"

"Yoga for Children is proving to be popular with kids and parents alike [...] Not only is the practice fun for them - from tot to teen - but they reap the same benefits from yoga that adults do."

Whole Life Times: "Breaking up is hard to do"

"...applying the ancient teachings of the Kabbalah to romantic relationships...can give those who understand them the tools to harness the power and knowledge of the Universe."

Awareness: "Kabbalah and The Healing Fire of Heaven"

"Gurunam's work of Universal Kabbalah transcends the theology, which separates humans from the divine, from each other, and from themselves, it is ecumenical."