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www.naamyoga.com/wellness

NAAM YOGA® Therapies

A THERAPEUTIC APPROACH TO
Wellness, Mind & Body Health



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OUR MISSION

We seek to expand and share practical therapeutic applications of the science of Naam Yoga to serve, help and empower individuals, caregivers, families, patients as well as health care practitioners and staff.

OUR ADVISORS

Dr. Christina Pabers, MA TCM, L.Ac, PhD Candidate



Dr. Pabers holds a Masters Degree in Chinese Medicine, a Bachelors Degree in Kinesiology emphasizing Exercise Physiology and Biomechanics, and has served in the field of health and fitness for over 21 years. She currently teaches anatomy and physiology for Naam Yoga Therapies Certification programs worldwide and is nearing completion of her PhD in Classical Oriental Medicine.

She is the owner of the Acupuncture Natural Health Center in Camarillo, CA. She gained in-depth healing knowledge through over 12 years of direct study with Dr. Joseph Michael Levry, PhD, founder of Naam Yoga Therapies.

Dr. Maria Manzanares, MD



After graduating from medical school she was introduced to yoga, and while working as Assistant Professor of Radiology in the Breast Imaging Department at the University of Miami Sylvester Cancer Center, she became a Naam Yoga Therapies Teacher. She also has a background in alternative medicine including homeopathy, chromotherapy and herbal medicine and has been trained

in the psychological origins of disease, Scenar technology and energy healing medicine in France.

She is currently conducting scientific research on the benefits of Naam Yoga and promoting the installment of various community and health programs aimed to benefit patients, health practitioners and many more.

Scientific Research

Naam Yoga Therapies is also committed to furthering its own current research studies, as well as sourcing and working with the most up-to-date studies about the benefits and therapeutic applications of meditation, sound, breath and movement, including improvement of the brain function and effectiveness, physical and mental stress, mood and sleep disorders, cardiovascular and hormonal health.

Did you know that...

- **Regular meditation and music can change your brain!**
It will make the cortex thicker and stronger; it will create new connections between the brain cells to enhance brain power, memory, focus and effectiveness.
- **Researchers at Harvard, Yale, and M.I.T. have found evidence that meditation can alter the physical structure of our brain.**
“...it can promote cortical plasticity in adults in areas important for cognitive and emotional processing and well-being,” says Sara Lazar, leader of the study and a psychologist at Harvard Medical School.
- **Yoga makes you happier and calmer!** It will give you better mechanisms to cope with stress and anxiety and can help with mood and food disorders, as well as addictions.
- **Mediation and yoga boost the immune system** and help with the treatment of chronic pain and many other medically untreatable conditions!

For more research and references about the effects of sound, breath and movement in yoga and meditation, please visit www.naamscience.com.

Movement Therapy

Naam Yoga employs a double-layered approach to movement: external and internal. The external component utilizes various movements and hand positions (mudras) to encourage the circulation of blood and lymph, activate nerve plexus in nearby areas, give flexibility to muscles and joints as well as stimulate the body energy meridians.

Exercises of the internal component include abdominal pumping, twisting, movement of the diaphragm, and conscious manipulation of internal pulmonary and thoracic pressure.

These specialized movements can be tailored to any flexibility level, fitness, age or physical condition, prevent the stagnation of joints and muscles, increasing the amount of oxygen in these areas, avoiding stiffness and disease.

Testimonials

“For the last 30 years, I have explored almost every kind of learning, personal growth or healing/therapy modality along the way, so when I make this next statement, it is not made lightly at all. This work is transformational. It helped me in a myriad of emotional, physical and spiritual ways in many aspects of my personal and professional life. I am proactive versus reactive, stay calmer under pressure, have greater clarity of thinking and am better able to handle the unknown. My health has also improved...”

“...I've been using the Naam tools to help myself heal. I want to share those tools with people as well and help them help themselves. What actually drew me in the first place was actually using the breath and the mudras together as a healing modality. I've always loved kinesiology which uses finger modes and this was an extension of that and an amazing way to contact the body that I hadn't used before.”

“...When I was first diagnosed with Hashimoto's, I was sleeping 20 hours a day. I was constantly cold and even after all that sleep, still felt exhausted. Life was frustrating as I did not have energy to do much. Today I do only Naam Yoga and I'm very active, feel full of energy and live without the need to nap. In my experience, Naam Yoga Therapies gives you the ability to improve the quality of your life.”

What is Naam Yoga®?

THE TECHNOLOGY OF NAAM YOGA restores the flow of vital energy throughout the entire body. It is an invaluable self-healing technology that balances the brain, and from there, all systems. Naam Yoga is a unique merging and refining of powerful Eastern and Western traditions.

Naam Yoga works with the healing properties of sound vibration, movement, and conscious breathing to bring the mind and body into harmony and balance, leading to optimal health and well-being.

Our commitment to serving the community is integral to our vision of sharing and expanding our therapeutic applications of Naam Yoga Therapies through customized outreach programs with health and recovery facilities, educational institutions, in order to serve, help and empower patients, caregivers, families as well as health care practitioners and staff.

The Naam Yoga centers around the world provide different on-site Naam Yoga Therapies free of charge, to serve, empower and support those in need.

Naam Yoga Therapies can be specifically tailored to benefit many health concerns. These therapeutic classes employ a combination of therapeutic and preventative advanced techniques to support the nervous, circulatory, hormonal, immune, digestive and respiratory systems and address many conditions including: Cognitive Disorders and Dementia, Brain Optimization, Mood Disorders, Addictions, Cardiac Health, Diabetes and more...

We are carrying out our mission locally, nationally and globally with established communities in Australia, Brazil, Canada, the Czech Republic, England, Germany, Israel, Mexico, New Zealand, Spain and Switzerland, in addition to many locations throughout the United States including Los Angeles, New York and Miami.

BENEFITS OF Naam Yoga Therapies

Naam Yoga Therapies programs are therapeutic and rehabilitative and are designed to magnify one's strengths while increasing one's ability to overcome challenges, accommodating people of all ages, stages of health and fitness levels.

SOME OF NAAM YOGA'S THERAPEUTIC BENEFITS:

- Raises energy levels
- Balances the glandular, digestive and nervous systems
- Strengthens the immune system
- Relieves chronic pain
- Achieves emotional balance
- Aids in stress management
- Reduces anxiety and depression
- Increases blood flow to the brain, boosting neuronal connectivity and brain function
- Improves overall health, mood and well-being
- Improves the flow of life-force in the body's subtle meridians
- Improves circulation, flexibility & coordination
- Addresses phobias, neuroses and substance abuse disorders
- Increases restorative sleep
- Slows aging
- Speeds up recovery and healing, shortening hospital stays

How it works NAAM AND SOUND HEALING VIBRATION

Naam Yoga Therapies utilizes the healing benefits of Sound Therapy through the vibration of mantra. Mantra is a series of coded sounds each having a unique vibrational impact on the brain and body produced by their frequency and repetition. Mantra means "mind projection". Naam Yoga Therapies uses the power of the sound with meditation, which adds a sense of calm, ease and enjoyment. The act of vocalization gives one the ability to have fun and let go of extraneous thoughts, while balancing the brain in a very calm and simple way, available to everyone.

Particular sounds and vibrations trigger different physical responses, as the vibrations move from the ears and the mouth to the brain. They are transmitted as nerve impulses, which travel to the brain where they are decoded. In this way, a new mindset is achieved through various mechanisms, mainly due to the stimulation of the frontal lobe, brain cortex, brainstem and hypothalamus, which switches from the sympathetic fight-or-flight mode to a dominant parasympathetic, calmer, relaxed and more focused state.

Breath Therapy

The breath regulates the rhythm of the entire body. With the use of specific breath techniques, endorphins are released to induce positive emotions and synchronize a calm and focused mind while activating the frontal lobe of the brain, increasing self-awareness and intellect.

Breath Therapy provides a safe method for strengthening the abdominal muscles while supporting the lower back and increasing the lung capacity and improving oxygen supply into the brain. Each breathing technique is tailored to specific fitness and health benefits.

For more research and references about the effects of sound, breath and movement in yoga and meditation, please visit www.naamscience.com.