

Website: artofliving.org/ip

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Prajna Yoga Teacher Resource:

https://drive.google.com/drive/u/7/folders/0B5ct1rALUBJXbTMzWIBwOXI5RVE?resourcekey=0-Hzpt-Hx11s_KWGFvaSA99Q

Annexure I

For Students:

Prajñā Yoga App Query - Instructions.

Kindly follow the below mentioned procedure:

The Prajñā Yoga App - Student login

Download ***The Art of Living Prajñā Yoga app.***

1. Open the App.
2. Tap on ***Signup.***
3. Enter your ***participant name*** and your ***email address.*** Ensure that you enter your registered email ID.
4. Click on ***Get Code.*** An email with the OTP will be sent to the specified email ID.
5. Enter the ***code*** in the app.
6. Set your ***password*** and ***confirm** it.*
6. Enter your ***profile name*** (participants name)
7. Choose your ***language*** and start using the app.

For Teachers:

The Prajñā Yoga App - Teachers login

Download **The Art of Living Prajñā Yoga app**.

1. Open the App.
2. Select Login
3. Select **I'm a Teacher**
4. User id and password is same as CRM ID and Password.
5. Search your course ID
6. Select participants and approve.
7. Participant will get automated mail with instructions to his/her registered mail id.

If students/teacher have any issue related to PY App:

Kindly fill this form: <https://forms.gle/jSH5fnN1vGfrtky5>

Annexure II:

PY Kits Order Process:

Pls do not share this link to anyone

<https://linktr.ee/pykits>

Annexure III

Draft WhatsApp Message: PY Spl Needs - Blind

Dear Donor,

You can now make a difference in the lives of specially abled children, by helping them see the world through intuition.

Our Prajñā Yoga program for Blind Kids help the participants activate special parts of their brain through yoga and meditation techniques designed by Art of Living.

This helps them perceive the world on an enhanced level. They are able to identify colors, have improved mobility, improved academic ability and life skills.

You can visit to donate and contribute for the cause: <https://bit.ly/PYSpl>

Even a small contribution will make a big difference for these children.

Please mention referred by:- <Your name / project name>

Thank you
The Art of Living Children and Teens Desk

*Note- For Indian Nationals only.

Annexure IV:

Play Lists:

1. Medha Yoga Experiences Playlist- <http://tiny.cc/myexperiences>
2. Utkarsha Yoga Experiences Playlist- <http://tiny.cc/uyexperiences>
3. Intuition Process Playlist-
https://www.youtube.com/watch?v=ujtHE-upt_M&list=PLmIHBPxtnnD-0Io9j6FV68kIcmNo03BfI
4. Deaf n Mute Video: <https://youtu.be/uJJX1KLgLu0>
5. Gurudev on Intuition-
https://youtube.com/playlist?list=PLmIHBPxtnnD9_YWweCYW-SIMVnz7Gq-hB
6. AGA on Intuition- <https://youtu.be/A6RPmRAM9Ro>