

Day-8	You Tube link	Topic	Description
Part-I	Yoga Kaayachikitsa - Yoga samvaahana.pdf https://www.youtube.com/watch?v=-RpxjjVDo20	Yoga KaayaChikitsa (Kaaya Samvaahana)	Ancient Yoga technique practiced by yogi's for helping each other in need. All modern massage therapies evolved from kaya chikitsa only. The document and video link explains, type of kaya chikitsa suitable for individuals, and how to practice the Kaya samvahana step by step.
Part-II	Yoga kaya Chikistha - Yoga samvaadhana.pdf https://youtu.be/JcD_dGAnNkg (how to prepare the massage oil) https://youtu.be/RsbTR_YY9sl (Kaaya Chikitsa demonstration for Weak lungs)	Kaaya Samvaadhana	The video talks about how to strengthen lungs by yoga Samvadana medicated oil massage , what should be properties of massage oil, how to prepare one at home using ingredients available in kitchen , how to prepare one professionally, the formula ,ingredients, dosage and their respective qualities and precautions to be taken discussed in detail. The second link demonstrates practical way of doing and which you can practice at home. Please take advantage of Indian ancient technologies for boosting your lungs capacity and immunity.