Atma Kriya Yoga: A Holistic Model For Fostering Of Transformative Health, Spirituality And Well-being

While the World and its people continue to advance and evolve, people of the World have lost touch of the 'true self' and spirituality as a means of identifying and connecting with the true self. This has resulted in health, mental, psychological, emotional and social problems to name a few.

There has been attempts by many to create and implement solutions to these problems. However most of these attempts have only addressed one or two aspects of these problems, and not all.

A holistic approach that is sustainable in theory and practice is necessary. One such model of approach is Atma Kriya Yoga. Results show that practitioners are able to transform one's physical health, mental, social, psychological and social well-being.

This would mean better health, improved relationships and a life that has meaning, quality and purpose and most importantly peace and fulfilment.

Atma Kriya Yoga, Health, Holistic, Transformation