

Yoga Institute Launches Geneyoga, Genetic Yoga DNA Test

Your Personal Yoga Plan based on your DNA Genetic Profile

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Established in 2012 with a highly qualified Scientific and Research team led by Maja Tanko Smolic, Director of the Yoga Institute, Masters degree from Kansas and Maribor University. Maja is a fully certified Yoga Therapist, achieved in London, UK and registered with The Complementary and Natural Healthcare Council (CNHC).



- Combined 100+ years of experience in yoga, health and wellness and genetics.
- State of the art accredited laboratory operating best practice, awarded with ISO9001, ISO13485 and ISO15189 certification.
- The laboratory has successfully processed in excess of one million samples, utilising Illumina technology and delivering a testing accuracy of 99.8%.
- Combining genetic analysis of an individuals DNA to deliver a truly personal yoga plan to maximise both health and wellness.
- The only Global Genetic Testing Yoga company with facilities throughout Europe and US - delivering accurate, fast and affordable personal yoga programs based on cutting edge genetic science.

- Exciting pipeline for new health and wellness products; several new services currently being reviewed for future launch.

Product Introduction

What is yoga?

Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques and meditation or relaxation. It is a system of personal development that encompasses body, mind and soul. It teaches us commitment to the goal and increases the mental and physical strength within us. Yoga is based on accurate exercises, correct breathing techniques, relaxation, healthy nutrition and positive thinking.

What is genetic (DNA) analysis?

DNA (deoxyribonucleic acid) is the 'building blocks of life' and is the unique genetic blueprint of each and every individual and your DNA creates the structure and function of each person. Predispositions for the development of many diseases are based within your genes. Environmental factors also play an important role in the development of these diseases - we can positively influence their development ourselves. With the genetic information we obtain from detailed scientific analysis, we can adjust our lifestyle and prevent the development of illnesses that we are exposed too. Your DNA analysis will reveal the deep characteristics of you and will reveal predispositions to certain ailments that are most common among many today.



When you combine the ancient practice of yoga with state of the art genetic science, geneyoga is born. What exactly is geneyoga?

Geneyoga combines the scientific analysis of an individual's genetics creating a bespoke yoga program specifically based on their genes to maximise the health and wellness of the individual. A personal yoga plan is created and then practiced under the guidance of an experienced and certified yoga teacher.

Based on a saliva swab sample being analysed, a unique DNA profile of the person is created that confirms where the individual's weaker parts genetically and where specifically these are located on their body. Once the DNA profile is assessed by both the scientific director and the yoga therapist, we create a specific geneyoga plan that is individually tailored to both your body and your genetics from the conclusion of your genetic results.

By taking preventive measures and practising yoga, one can avoid the onset of the disease or alleviate the development of symptoms, such as lower back pain, vertebrae problems, high blood pressure, headaches, digestive issues, stress, depression, asthma, bladder inflammation, hormonal imbalances and disorders. Once they have concluded your genetic results and a health

questionnaire is completed – they create a truly personalised and bespoke geneyoga programme presented in our comprehensive manual.

Step by Step Guide

Order

Request your DNA collection kit which includes swabs and a questionnaire.

DNA sample Collection

Simply collect your swab sample with our easy to follow instructions within your kit.

Analyse your DNA

Your genetic sample is analysed in our state of the art accredited testing laboratory.

Receive your personal Geneyoga plan

Your personalised and bespoke geneyoga program will be delivered in either a printed manual or a PDF version.

As a Yoga Instructor – how can geneyoga benefit my clients and I?

- Stand out with innovative services from other studios and yoga teachers and will ensure customer retention.
- Utilising our product technology by combining traditional yoga with cutting edge genetics.

- Newly launched products and services will attract different clientele and groups of clients.
- Opportunity to increase income by offering private yoga lessons for geneyoga plan clients.
- Receiving a rewarding commission for each geneyoga test sold and an exciting pipeline of products to be launched, focussed on yoga, health and well-being.
- Providing online yoga teacher/instructor support, online customer support and joining the authorised geneyoga network and awarded with a partner certificate.
- Enhancing your clients health and wellness and avoiding potential injuries.
- Using the latest genetic technology to offer a truly personal and bespoke service.

Who uses geneyoga?

- Direct customers including adults and children
- Yoga teachers and instructors
- Yoga studios
- Beginners in yoga
- Advanced yogis
- Yoga retreats and wellness holidays
- Health and wellbeing centres
- Corporate groups and special events
- Pre and post natal

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