

HATHA YOGA



Class Structure

Join me for a rejuvenating Hatha yoga class offering a balanced approach to physical and mental well-being. Classes are structured to build strength, flexibility, and balance, complemented by mindful breathing techniques to enhance your relaxation and focus.



Audience

Beginners, adults (across all age range), those seeking stress relief. It is also well-suited for working professionals and anyone interested in building a strong mind-body connection or laying a foundation for more advanced yoga practices.



Class Duration

A typical class would last for 1 hour



Class Location

Classes are conducted offline at student's location or online.

Benefits

Improves flexibility and strength

Promotes relaxation and reduces stress

Enhances posture and joint health

Boosts energy and mental clarity

Supports mindfulness and better sleep

Increases lung capacity and breathing efficiency

Aids in weight management