



Yoga Classes & Personal Training

Bringing Mindfulness, Flexibility, and Wellness to You

A calming image of yoga practice or nature.

Introduction

Who We Are

My name is Nishtha, and I am a certified yoga trainer with four years of experience in this field. I have a proven track record of successfully owning and operating a yoga center. My experience includes:

- 🧘 Training individual clients
 - 🧘 Teaching in yoga studios
 - 🧘 Conducting corporate yoga sessions
 - 🧘 Leading society yoga classes
 - 🧘 Offering ladies' special yoga sessions
- My mission is to help people of all fitness levels achieve their physical and mental well-being through customized yoga practices.

Our Services

What We Offer

We offer a variety of yoga services to fit your needs:

Online Yoga Classes: Enjoy the flexibility to practice from anywhere with our live virtual sessions via Zoom. We offer both group and one-on-one options.

Offline Yoga Classes: Join our in-person group sessions and private training at locations in Ghatkopar, Vikhroli, Kurla, Chembur, Kanjurmarg, Bhandup, Mulund, and surrounding areas.

Personal Training at Home: Get private, one-on-one sessions tailored to your specific goals in the comfort of your own home. We provide Ashtanga Yoga, Power Yoga, Acro Yoga, and more.

Benefits of Yoga

Why Choose Yoga?

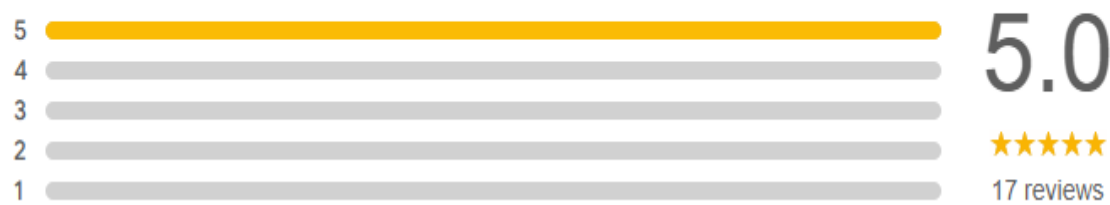
Yoga offers numerous benefits, including stress relief, improved flexibility and strength, boosted energy levels, and enhanced overall well-being. Here's why you should consider yoga:

- 🧘 Stress relief and mental clarity.
- 🧘 Improved flexibility and strength.
- 🧘 Boosted energy levels and overall well-being.
- Personalized training for individual goals.
- 🧘 Mind-body connection for holistic health.
- 🧘 Yoga provides a clear path to your life.

Reviews & Ratings

Google review summary ⓘ

Write a review



5.0



17 reviews



Mallika Naik

2 reviews



★★★★★ a week ago **NEW**

Best trainer I have ever gotten, effective and transforming yoga sessions, great results and I Really enjoy doing yoga with you Nishtha. Grateful!!!❤️🙏



Shivam Singh

1 review

★★★★★ 5 months ago

She has good knowledge about yoga. Her session is very excellent. She is the good yoga trainer 😊. Highly recommend



bakul shukl

3 reviews

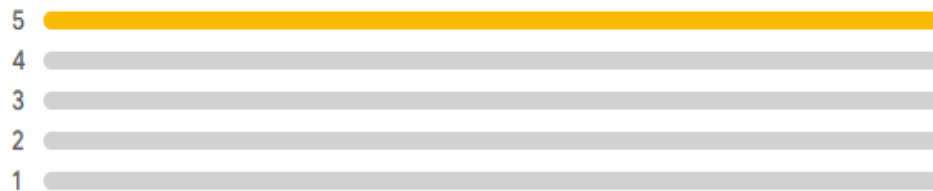
★★★★★ 5 months ago

She very very good yoga instructor, I have seen lots of positive changes in my health. Highly recommend.

Reviews & Ratings

Google review summary ⓘ

Write a review



5.0



17 reviews



Chetan Boglekar

2 reviews



★★★★★ 5 months ago

i have joined her yoga class for physical health but i have experienced lots of changes in my physical & mental health also.

Her teaching way is very good, Highly recommend her meditation sessions.



Parag Kelkar

2 reviews · 1 photo



★★★★★ 5 months ago

Best service, Very good yoga training experience, I have seen a lot of changes in my physical and mental health also, teaching very politely, Highly recommended... 😊



Rekha Gadge

Local Guide · 8 reviews

★★★★★ 2 weeks ago

NEW

Your dedication to the art of yoga is truly appreciated. You are a very good teacher .

Reviews & Ratings

Google review summary ⓘ

Write a review



mayur ghadge

4 reviews · 3 photos

★★★★★ a year ago

Very good yoga training center, my flexibility increased a lot here. The teaching method of yoga instructors is also very good.



Pintu Mandal

8 reviews · 1 photo

★★★★★ a year ago

Good experience trainer!



pravin singh

Local Guide · 2 reviews · 22 photos

★★★★★ 5 months ago

Very good



Moreshwar Mahajan

1 review

★★★★★ 5 months ago

She is good Instructor and has God Gift talent



Shruti

4 reviews

★★★★★ 18 hours ago

NEW



Ganesh Shetty

★★★★★ 19 hours ago

NEW



ASHIKA RAJ

6 reviews · 10 photos

★★★★★ 5 months ago



Alpa Thaker

4 reviews

★★★★★ 5 months ago



Sudha Gowda

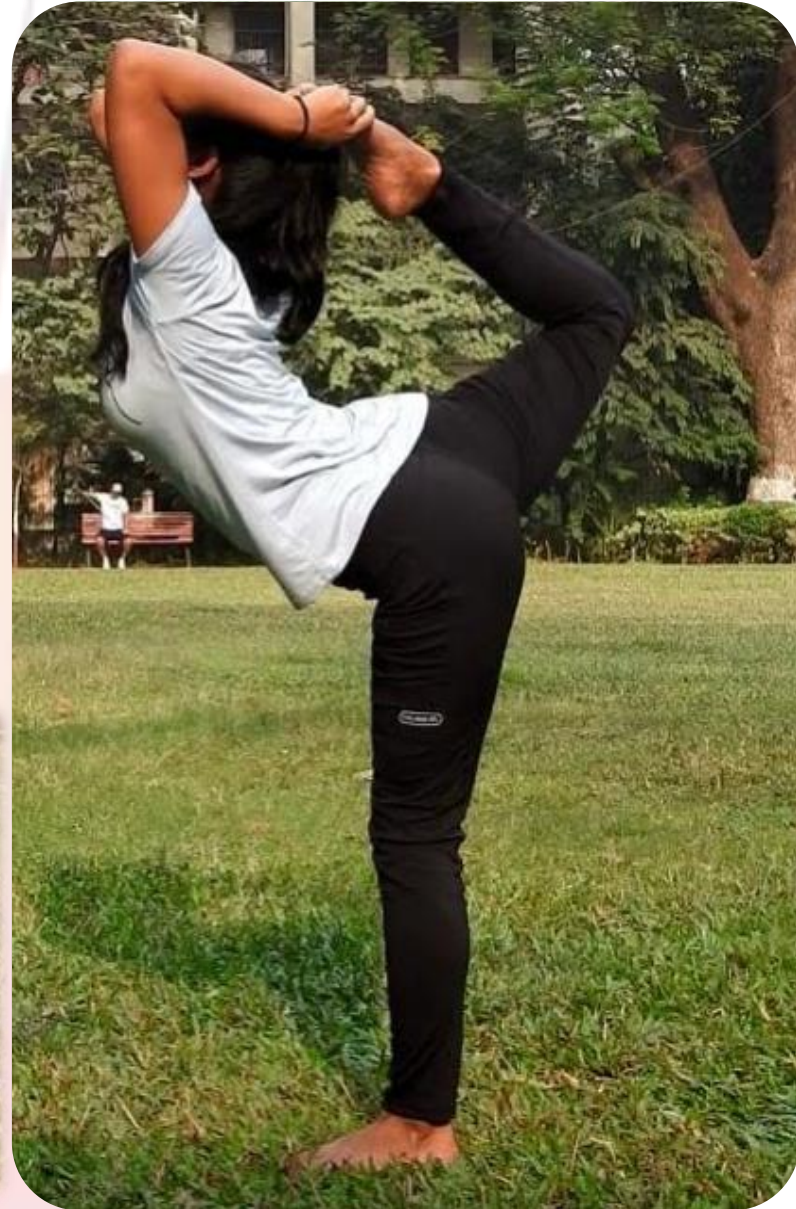
2 reviews

★★★★★ 2 weeks ago

NEW

She is good i

Gallery



Gallery

