



Mind body practice for health, flexibility, relaxation, and spiritual connection.

**Online & offline**





# Yoga

## Benefits



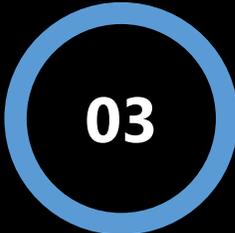
### Physical Fitness

Yoga improves strength, flexibility, and balance.



### Stress Reduction

It promotes mental peace and emotional balance.



### Mind Body Connection

Enhances mindfulness and self awareness for holistic well-being.



# Suryanamskar

## Benefits

- ▶ Mind-Body Integration
- ▶ Emotional Resilience
- ▶ Spiritual Growth
- ▶ Cardiovascular Health
- ▶ Detoxification
- ▶ Weight Management
- ▶ Improved Respiratory Function
- ▶ Holistic Well-being
- ▶ Increased Self-discipline



Mind body practice for health, flexibility, relaxation, and spiritual connection.



1. **Body Healing**
2. **Chakra Healing**
3. **Five element Balance**
4. **Mantra chanting**
5. ho'oponopono
6. **Sound Meditation**
7. **Tratak**
8. **Breath Meditation**



**Tratak**



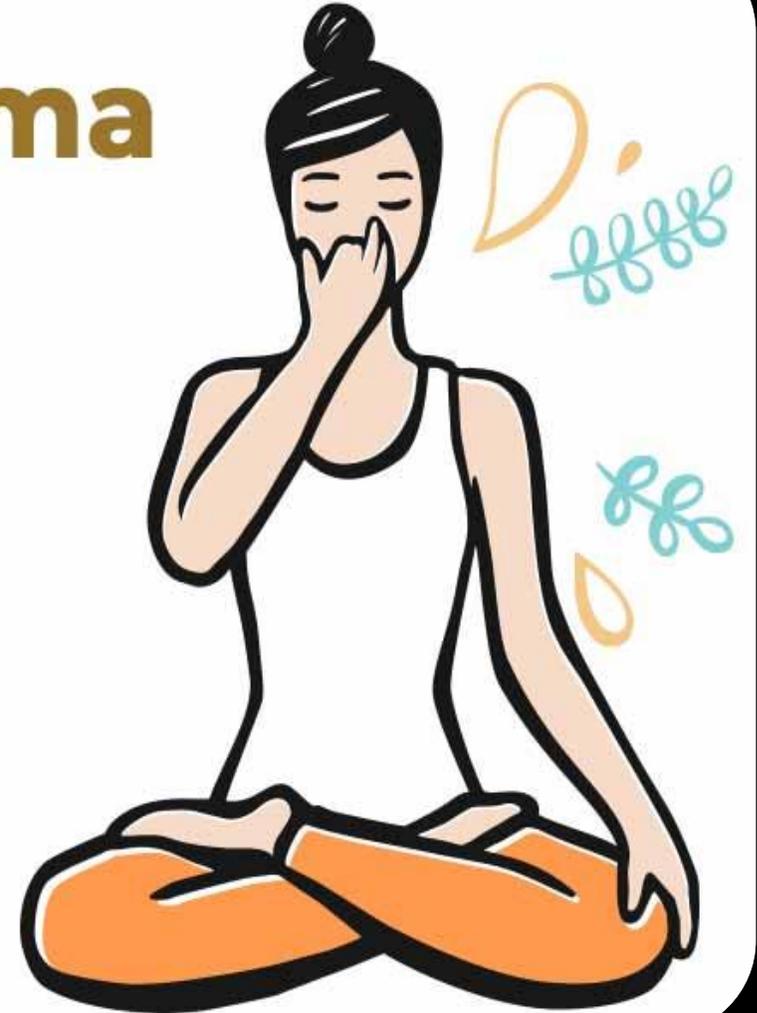
# Pranayama

## Benefits

- ❖ Increases Lung Capacity. ...
- ❖ Improves Immune System. ...
- ❖ Reduces Weight. ...
- ❖ Better Digestion. ...
- ❖ Develops Concentration & Mindfulness.
- ❖ Relieves Stress. ...
- ❖ Promotes Sleep.

# Pranayama

**Pranayama  
for  
Stress  
Relief**



# Simple Shhuddhi kriya for Eyes, Ears, Mouth, Teeth etc..



## Nasika Shuddhi Kriya





01

## Physical Fitness

Power Yoga enhances strength, flexibility, and endurance.

02

## Weight Management

It supports weight loss and fat burning.

03

## Stress Reduction

The practice reduces stress and promotes mental clarity.

04

## Cardiovascular Health

Power Yoga improves heart health and lung capacity.

Our personalized yoga training brings the complete experience of mind, body, and spirit directly to you.

We'll guide you through **Surya Namaskar** and a wide range of **asanas** to build **flexibility, strength, and stamina**. Our practice is designed to **heal and strengthen internal organs**, while calming both your mind and body.

Beyond the physical, we'll explore **pranayama, kriya, and meditation** to balance your five elements, heal your chakras, and ignite a profound inner journey.





# Thank You!

We respect your valuable time