PERSONALISED YOGA

Class Overview & Practice Guide

Yoga With Pratish · RYT-500 · 13+ years of teaching experience

A student-centred approach

Yoga practice is adapted to each student's needs, ability, experience and goals. Sessions combine traditional yoga practices with an anatomy-informed understanding of movement, body mechanics and mindful breathing. The emphasis is on comfortable progression, appropriate alignment, consistency and a supportive learning environment.

Class formats

Format	How it works
1:1 Personalised Yoga	Individual guidance and a practice tailored to one student's goals and pace.
Couple Yoga	A guided session for two participants, with options adapted to each person's needs.
Private Small Group Yoga	A closed group of 3–5 students practising together with guided instruction and suitable adaptations.

A guided 60-minute session

10 min	Breathing and gentle stretching
15 min	Surya Namaskar and selected asanas
10 min	Rhythmic breathing
15 min	Pranayama practice
10 min	Meditation, Yoga Nidra or Shavasana

Practice areas

- Yoga asanas for mobility, flexibility, strength and posture awareness
- Pranayama and mindful breathing techniques
- Meditation, mindfulness and relaxation practices
- Beginner-friendly foundations and gradual progression
- Gentle, adaptable practices for different experience levels

Learning principles

Students are encouraged to practise within a comfortable range, avoid forcing movements, and communicate their needs during sessions. Poses and techniques are introduced progressively; the aim is to build a sustainable practice rather than achieve a pose quickly. Yoga instruction is educational and wellness-oriented and does not replace medical care.

Live online classes are offered worldwide. In-person classes are available in selected areas of Ahmedabad.

This overview describes the teaching approach and class content. Individual sessions are adapted as appropriate.