

Aarya Yoga is pleased to announce the opening of its Yoga Shaala at North Bengaluru, just 25 KM from Kempegowda International Air Port. The Shaala is exceptional with its great outdoor and indoor ambience; well experienced talented and qualified faculty members. Aarya Yoga offers instructor-led daily practice sessions to people of all ages. It also offers 200 hours Yoga TTC (Teacher Training Course). The expertise of the faculties at Aarya Yoga lies not only in different styles of Yogasana (Hatha Yoga, Ashtanga Vinyasa, Iyengar Yoga) but also in Alignment and Adjustment of Asanas, Pranayama, Meditation, Mudra Science, Bandhas and Kriyas, Rope Yoga, Kids Yoga, Therapeutic Yoga for lifestyle disorders.

People

Aarya Yoga is headed by **Geetaa Singh**, M. Phil. (aerobiology), Ph. D. (Biotechnology) a scientist and entrepreneur. After considerable achievements in the field of her formal studies, she took to Science of Yoga passionately. From the year 2005 onwards, religiously adopted practicing Yoga as an alternative healing measure to cure her childhood asthma, and completely cured herself with regular practice. She fervently practices yoga, meditation, food and nutrition for mental and physical fitness. She topped in her postgraduate diploma in Yoga Therapy (RYT 500 Hr) in 2018 at the age of 56. She is RPL-Skill India certified 226 Hr-Level 4 Yoga Instructor from Department of AYUSH, Government of India; and has completed certificate courses in Pranayama and Meditation; Alignment and Adjustment of Asanas and Iyengar's Yoga with Props. She has been teaching Therapeutic Yoga in Mysuru independently since 2017 to localites and several foreign clients. She is serving as a resource person at MV Yogas, Mysuru teaching the theory classes and has delivered lead talks/lectures at various reputed Institutions on Yoga and allied topics. She has published five volumes of eBooks on Therapeutic yoga in Amazon's KDP. She has also written several mini write-ups in the Health Issue of "The Week" magazine published by The Malayalam Manorama Group. She is pursuing the learning of spoken Sanskrit language.

Sachin L. S. has been practicing yoga from childhood age of 6 years till date. He has completed Diploma in Yoga Education with RYT 200 Hrs and is now pursuing graduation in Science of Yoga. He is RPL-Skill India certified 300 Hrs-Level 5, Grade A Professional Yoga Trainer and yoga teacher and has a certificate in Alignment and Adjustment of Asanas from MV Yogas, Mysuru. He has been practicing Iyengar's Yoga from a reputed institute in Bengaluru. He has won several gold and silver medals in National, State, district and Taluk level Yoga competitions. He is competent to teach different levels of Yoga to people of all ages from 6 years to 60 year olds - Kids' Yoga, Advanced Yoga, Astanga Vinyasa to dynamic groups. He has worked as Yoga trainer at various places like Reach2fitness, Bangalore. At M V Yogas, Mysore he has the experience of teaching/conducting classes to the Mass Yoga groups and Personal therapy classes for about two years. He has been actively involving in various yogic activities with Vivekananda Kendra Mysore and Vivekananda Kendra Kanyakumari.

About Aarya Yoga

Aarya is a masculine / feminine first name in India that literally means excellent, favourable, true, attached to, honoured, noble, a lady and master. In Sanskrit, it also means devoted, respected, worshipped, kind, auspicious, dear, excellent, faithful, worthy, wise & masterly and the truthful. The People of Aarya Yoga firmly believes in the conation of the very word **Aarya** and aspire to sincerely contribute all the benefits of knowledge of Yoga to all those who come over to **Aarya Yoga Shaala**. Everyone of us have an unlimited potential and positivity within, which is often concealed or even lost due to compulsive stress of the modern day lifestyle. It takes an effort to unravel and discover the hidden marvelous potential in order to excel in life. This is possible only when you can balance your mind, breath and body. To help you discover that divinity within you, Aarya Yoga is all set in motion. Reach out to us and help yourself to **Discover the Divinity Within**.