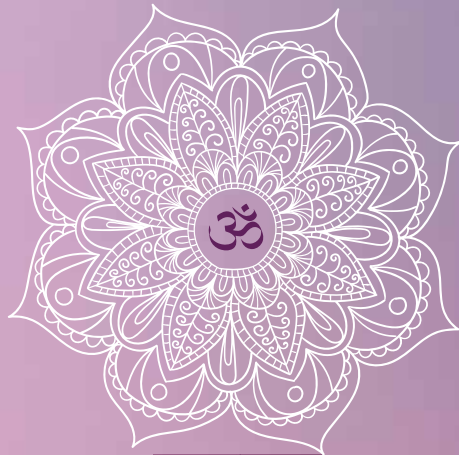


TRANSFORMATION THROUGH YOGA



# YOGA FOR HEALTH & HAPPINESS

BY NEELAM CHANDNANI  
- Yoga Therapist

MANAGE YOUR STRESS | HARNESS MORE ENERGY | RELAX YOUR BODY

A GENTLE YOGA CLASS BALANCES THE BODY  
AND MIND TO PROMOTE A HEALTHY LIFESTYLE

## YOGA PROGRAMS:

- STRESS MANAGEMENT
- PREGNANCY
- WEIGHT MANAGEMENT
- SPINAL DISORDERS
- ANXIETY
- MEDITATION

# YOGA AS A FITNESS ROUTINE

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- Personal & Group training sessions
- Corporate training sessions
- Power Yoga
- Suryanamaskar
- Counseling - yoga therapy & natural diet

## YOGA AS A THERAPY

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### **Specially designed schedules for:**

- Chronic ailments like - acidity, diabetes, hypertension, asthma, spondylitis, arthritis, insomnia, joint pain, etc.
- Obesity, thyroid problems
- Gynecological problems
- Stress & anxiety
- Senior citizens

**\* Personal class for ladies, couples & family**