Yoga Aayush

We are pleased to announce that Yoga classes have been offered for all age groups at our centre since Nov 2013.

Yoga for Children (Age 5 to 12yrs**):**   (Saturday and Sunday)   :For timings consult yoga therapist

- ❖   Asanas & Pranayamam

- ❖   Mudras & Slohas

Yoga for Adults Thrice a week (Monday, Wednesday, Friday)   :06.00 to 07.00 PM

- ❖   Asanas & Pranayamam

Yoga for weight reduction - 3 Months   :05.00 to 06.00 PM

Weekly 4 days (Monday, Wednesday, Friday, Saturday)

Course Fees

Children batch	**(1 Month)**	**Rs.300/-**
Weight Reduction	**(3 Months)**	**Rs.2500/-**
Regular Yoga	**(1 Month)**	**Rs.600/-**

We also provide specific Yoga training for Stress Management, Diabetes, Hypertension, Joint Pain (Knee, Shoulder and Hip) and Pregnancy

Come and get benefitted