Yoga Class Syllabus

Explore the journey of wellness and mindfulness with Shyam Sundar V., your guide to a balanced yoga practice.

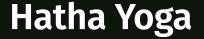


Meet Shyam Sundar V., Your Trainer

Shyam Sundar V. is a certified yoga instructor with over **10 years of experience**. His specializations include Hatha Yoga, Vinyasa Yoga, and Pranayama. With a passion for enhancing well-being, he aims to help students achieve their **full potential** through tailored practices and mindfulness.



Weekly Yoga Journey Overview



Hatha Yoga
practice focuses
on physical
postures and
breathing
techniques to
build strength.

Vinyasa Yoga

Vinyasa Yoga
emphasizes a fluid
sequence of
movements
coordinated with
breath for physical
and mental clarity.

Pranayama

Pranayama
involves breath
control techniques
to enhance energy
and promote
relaxation during
yoga sessions.

Ashtanga Yoga

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Ashtanga Yoga consists of a set series of poses, practiced in a specific order to develop discipline.

Meditation

Meditation
cultivates
mindfulness and
inner peace,
integrating mental
focus within the
daily yoga
practice.

Mindfulness

Join us on this journey to wellness and self-discovery through our comprehensive yoga classes.

Meditation Techniques Checklist

Discover different approaches to achieve **inner peace** and enhance your yoga practice.

- Cyclic Meditation
- Chakra Dhyana
- Yoga Nidra
- Mind Sound Resonance Technique
- Pranic Energization Technique
- Jyothi Trataka
- Om Meditation
- Hrudayakasha Dharana
- Nadaanusandana

Duration Class Schedule Benefits Morning Yoga Start your day refreshed Enhance flexibility and Each morning Classes with invigorating morning energy throughout the class lasts 60 sessions. minutes. day. **Evening Yoga** Unwind after a long day Promote relaxation and Evening classes with calming evening are also 60 stress relief for better Classes minutes long. classes. sleep. Flexible Classes available Choose times that fit your Enjoy personalized Timing lifestyle and timings that adapt to at various times **Options** commitments. your routine. throughout the

week.

Monthly Yoga Class Charges

Online classes: ₹1500 per month, flexible scheduling to fit your needs. Offline classes: ₹2000 per month, enjoy in-person guidance and community.

Special discounts for early sign-ups and referrals available.



Join Us on a Transformative Journey to Wellness

Explore our offerings through these insightful categories

Yoga Styles and Focus Areas

Hatha Yoga for strength

Meditation Techniques for Mindfulness and Peace

Guided meditation for clarity



Thank you for taking the time to explore

JOIN US ON THE MAT