

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

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

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

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

Monday - Friday | Morning 5:30AM - 6:30AM | Evening 5PM - 6PM, 6PM - 7PM, 7PM - 8PM

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



HRUTH YOGA



Thank you for taking the time to explore

JOIN US ON THE MAT