

## Our Programme

It is neither a gym, nor a spa nor a fitness centre or so called centre propagating yoga in a distorted form that creates adverse effect on body. We believe in authentic yogic practices based on ancient Patanjali Yoga System and Yoga Vashista. Our Yoga practices are backed by scientific clinical research for years with proven results.



### Join Us.

Before You Join, Visit us to see the ambiance.

In addition to Yogic Practices, we also have special packages related to therapeutic values of Yoga.

## Yoga for:

Per Day (1 hrs- 1 session is of one hour only) Rs. 400/-

Monday to Friday 6am – 9am / 6pm – 9pm

Saturday Sunday 6am to 9pm (per hour) Rs. 900/-

• 3 Days Package Rs.1200/-

Mon/Wed/Fri or Tue/Thu/Fri

• Weekly Package (5 days) Rs. 2000/-

Monday to Friday

(Complementary Sauna OR Steam once a week)

• Monthly Package (20 days) Rs. 8000/-

Monday to Friday (No classes on Saturday & Sunday)

Complementary Sauna OR Steam 4 days, Jacuzzi 2 days, massage 1 day\*

• Quarterly Package (60 days) Rs.20000/-

Monday to Friday (Classes will also be available on Saturday & Sunday.)

Complementary Sauna OR Steam 12 days, Jacuzzi 6 days, massage 3 days\*

• Half yearly Package (120 days) Rs.35000/-

Days no limit (1 class per day)

Complementary Sauna OR Steam 24 days, Jacuzzi 12 days, massage 6 days\*

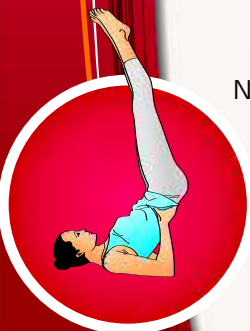
• Yearly Package (240 days) Rs.60000/-

Days no limit (1 class per day)

Complementary Sauna OR Steam 48 days, Jacuzzi 24 days, massage 12 days\*

## Note :

- Personal therapy at 50% surcharge at any time.
- Home tuition on request at 100% extra cost
- \*Complimentary services not available on Saturday & Sunday



## Yogic Massage

### Full Body Yogic Massage

with passive stretches (90 minutes)

Rs. 1500/-

### Full Body Yogic Massage therapy

with head and face massage with passive stretches (120 minutes)

Rs. 2000/-

### Yogic neck and shoulder Massage

with passive stretches (45 minutes)

Rs. 900/-

### Back & lumber pain relieving Yogic Massage

with passive stretches (90 minutes)

Rs. 1500/-

### Yogic Cervical Massage

with hot and cold hydro therapy (60 minutes)

Rs. 1000/-

### Diabetic neuropathic Yogic Massage

with passive stretches with hot & cold hydrotherapy (60 minutes)

Rs. 1000/-

### Accupressure for relieving pain at any particular point of the body

(15 minutes)

Rs. 500/-

### Dhyana & Chanting for insomnia,

excessive tension, mental disorders etc

(15 minutes)

Rs. 500/-

### Yogic Therapy focused to specific disease:

Rs. 750/- per hour

- Arthritis
- Asthma
- Back Pain
- Diabetes
- Hypertension
- Obesity
- Promotion of positive health, etc.

### Kriyas:

- Jal Neti
- Sutra Neti
- Vamana Dhouti
- Vastra Dhouti
- Shankhprakhshalana

One of the following Kriya is complementary once a week. Second Kriya will be chargeable Rs. 500/- per Kriya

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