



Asana



About This Experience

Think you're not a yoga person or say you're not flexible enough to do yoga?
Think again.
Better yet come do a yoga class and rediscover yourself!
Here's bringing you a mindful yoga session focused on alignment and balance.

Who Should Attend ?

Yoga is for every BODY. Open to all. Come and bring your friend too!
This will be a group session, in case you have a serious medical condition we would suggest you avoid a group class.
All/Any medical conditions must be brought to the notice of the teacher prior to class.



Experiences :

Wellness



Location :

The Daftar Baner, Baner Road, opposite
Green Park Hotel, Sanewadi, Aundh, Pune,
Maharashtra, India



INCLUSIONS AND EXCLUSIONS

INCLUSIONS

A 60 min guided yoga session.
Water, Tea/Coffee.

EXCLUSIONS

Please carry your own yoga mat.

BOOK NOW

Pricing

Asana	₹ 350 /- PerPerson
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Variable Prices

Monthly class (2 sessions/week)	₹ 1600 /- PerPerson
Single class (60 minutes)	₹ 350 /- PerPerson

Book Now

Key Contact Person : Pallavi Thapar (8149881293)

PLAN IN DETAIL

What will we do?

We will begin our practice with chanting, followed by a sequence of asanas driving intelligence and sensitivity to different parts of the body.

Key learnings

- Practice Asanas with alignment
- Introduction to Iyengar yoga and props
- Tips for self practice

HOW TO REACH

The Daftar Annex, building premise. Ask anyone at The Daftar where the yoga class is, once you reach :)



THINGS TO CARRY

Yoga mat / any mat works for that matter.

Wear loose comfortable clothes.

ADDITIONAL INFORMATION

Do not consume heavy food 2 hours before a yoga session.

GALLERY



ABOUT YOUR HOSTS



Our Story : Asana

Trained under the Iyengar methodology of Yog for over 4 years, Pallavi, a passionate Yog practitioner brings zeal and calmness to her classes. With a diverse set of experiences of teaching people across age groups and volunteering for medical yoga classes.

She understands that everyone has unique needs and teaches with a lot of compassion.

The study and practice of Yog go beyond fitness of the physical body and asanas are the first step.

Enjoy the joys of self discovery!



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