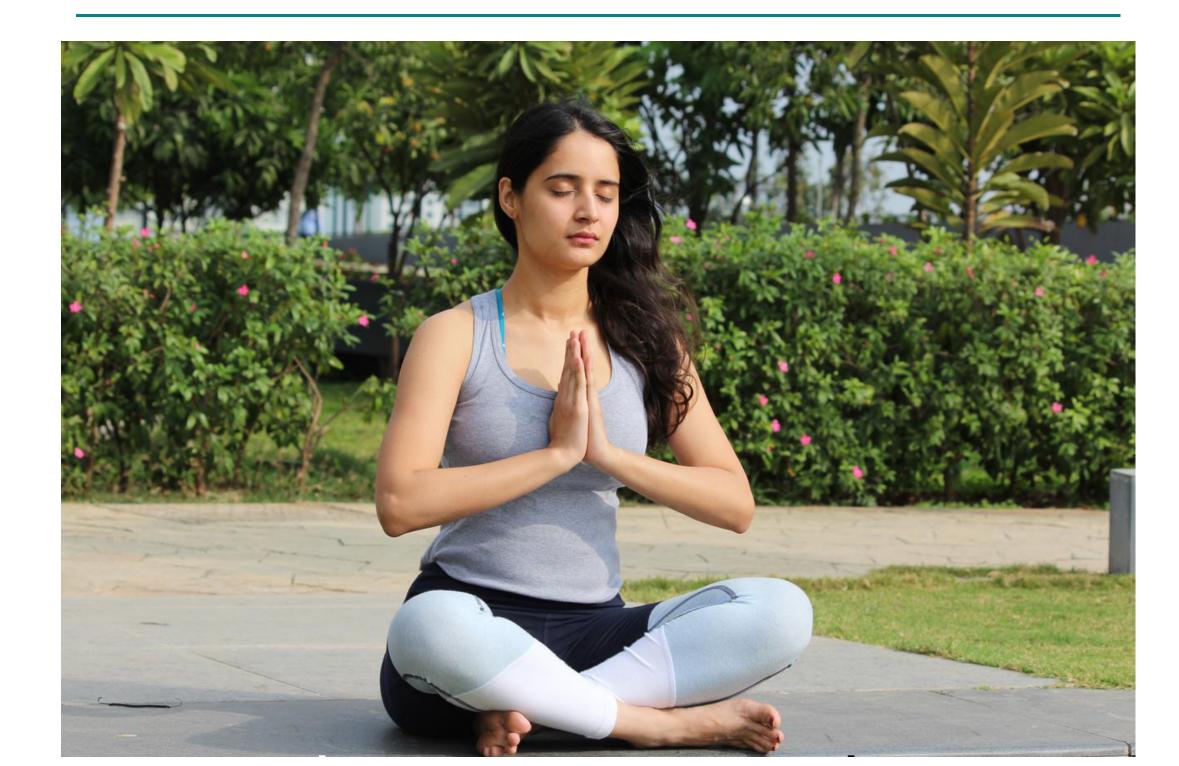


Asana



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!

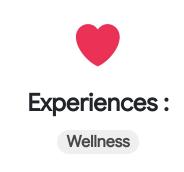
Here's bringing you a mindful yoga session focused on alignment and balance.

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.





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



INCLUSIONS AND EXCLUSIONS

INCLUSIONS	EXCLUSIONS
A 60 min guided yoga session. Water, Tea/Coffee.	Please carry your own yoga mat.

BOOK NOW

Pricing

Asana	₹3507- PerPerson
Variable Prices	
Monthly class (2 sessions/week)	₹1600/- PerPerson
Single class (60 minutes)	₹350/- PerPerson



Book Now

PLAN IN DETAIL

driving intelligence and sensitivity to different parts of the body. Key learnings

What will we do?

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

We will begin our practice with chanting, followed by a sequence of asanas

The Daftar Annex, building premise. Ask anyone at The Daftar where the yoga class is,

HOW TO REACH

Tap To Go To Google Maps

THINGS TO CARRY

ADDITIONAL INFORMATION

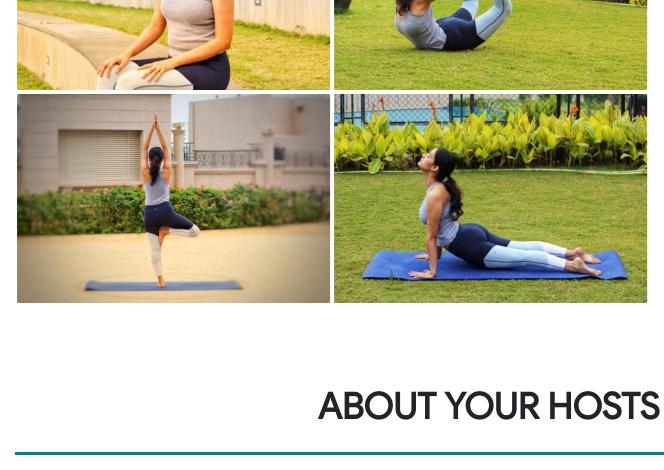
Do not consume heavy food 2 hours before a yoga session.

Yoga mat / any mat works for that matter.

Wear loose comfortable clothes.

once you reach:)

GALLERY





Trained under the lyengar 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.

Our Story: Asana

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!

Helpdesk: + 91 8149881293



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