



## 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

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## INCLUSIONS AND EXCLUSIONS

### INCLUSIONS

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

### EXCLUSIONS

Please carry your own yoga mat.

## 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 :)

 Tap To Goto Google Maps

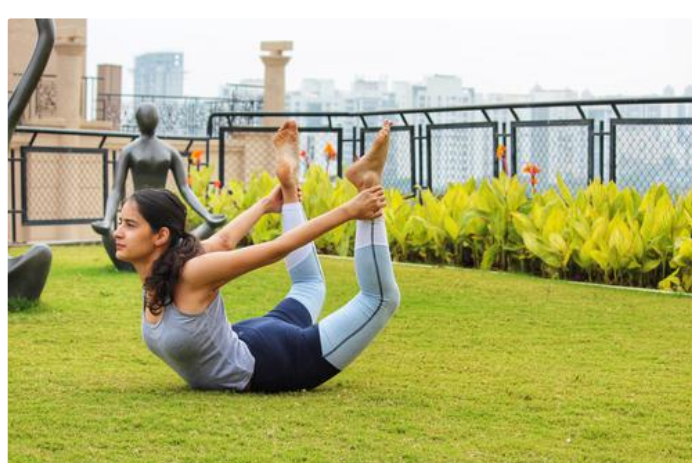
## THINGS TO CARRY

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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