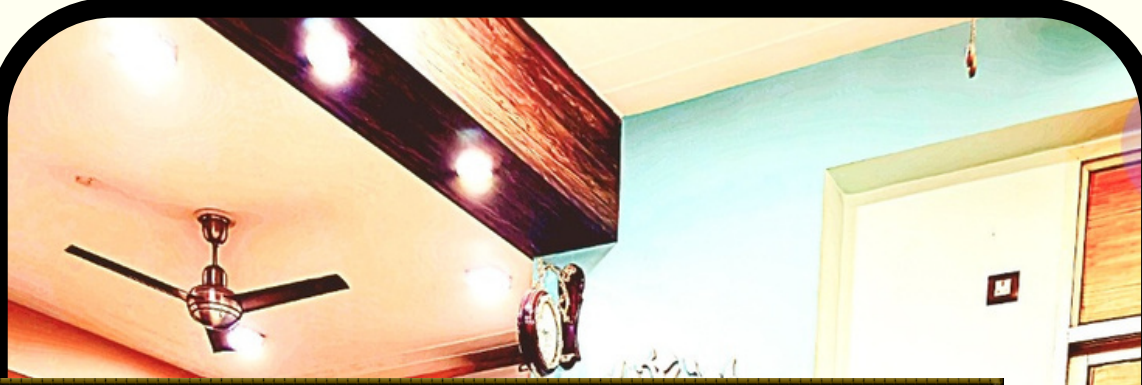




YOG SHASHWATAM
योगचित्त वृत्ती निरोधा

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 9810770407



www.yogshashwatam.org

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Sessions are conducted both online and offline (at your home)

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YOGA SESSIONS

Yog Shashwatam offers transformative yoga sessions designed for disease reversal, weight loss, and improved eyesight, catering to individuals seeking holistic well-being. These sessions seamlessly blend ancient yogic practices with modern insights, creating a comprehensive approach to health. Whether experienced online or offline, Yog Shashwatam provides a supportive environment where participants can embark on a journey towards rejuvenation and vitality. With a focus on mind-body harmony, these sessions aim to not only address specific health concerns but also foster overall physical and mental resilience. Joining Yog Shashwatam's sessions means embracing a balanced lifestyle that promotes disease prevention, weight management, and enhanced eyesight through the wisdom of yoga.



Yoga for Fitness & Flexibility

Yog Shashwatam seamlessly blends the ancient art of yoga with modern convenience, offering both online and offline sessions dedicated to enhancing general fitness and flexibility. In the virtual realm, participants find solace in the digital guidance of experienced instructors, fostering a sense of connection and well-being from the comfort of their homes. Meanwhile, in-person sessions create a tangible, communal energy, as Yog Shashwatam's skilled teachers guide individuals through poses and breathwork, fostering a holistic approach to physical health and mental balance. Whether online or offline, Yog Shashwatam's sessions cater to diverse needs, promoting not just flexibility but a harmonious union of mind, body, and spirit.



Yoga for Diabetes

Yog Shashwatam pioneers a transformative approach to diabetes reversal and management through specialized yoga sessions. Tailored to address the unique needs of individuals with diabetes, these sessions seamlessly integrate traditional yogic practices with evidence-based techniques. Participants embark on a journey of mindful movement, breath control, and meditation, fostering not only physical well-being but also a profound understanding of the mind-body connection. Under the guidance of expert instructors, Yog Shashwatam's sessions empower participants to embrace a holistic lifestyle, promoting blood sugar regulation and overall health. The emphasis on personalized care and ancient wisdom makes these yoga sessions a powerful tool in the effective management and potential reversal of diabetes, offering a path towards sustained well-being.





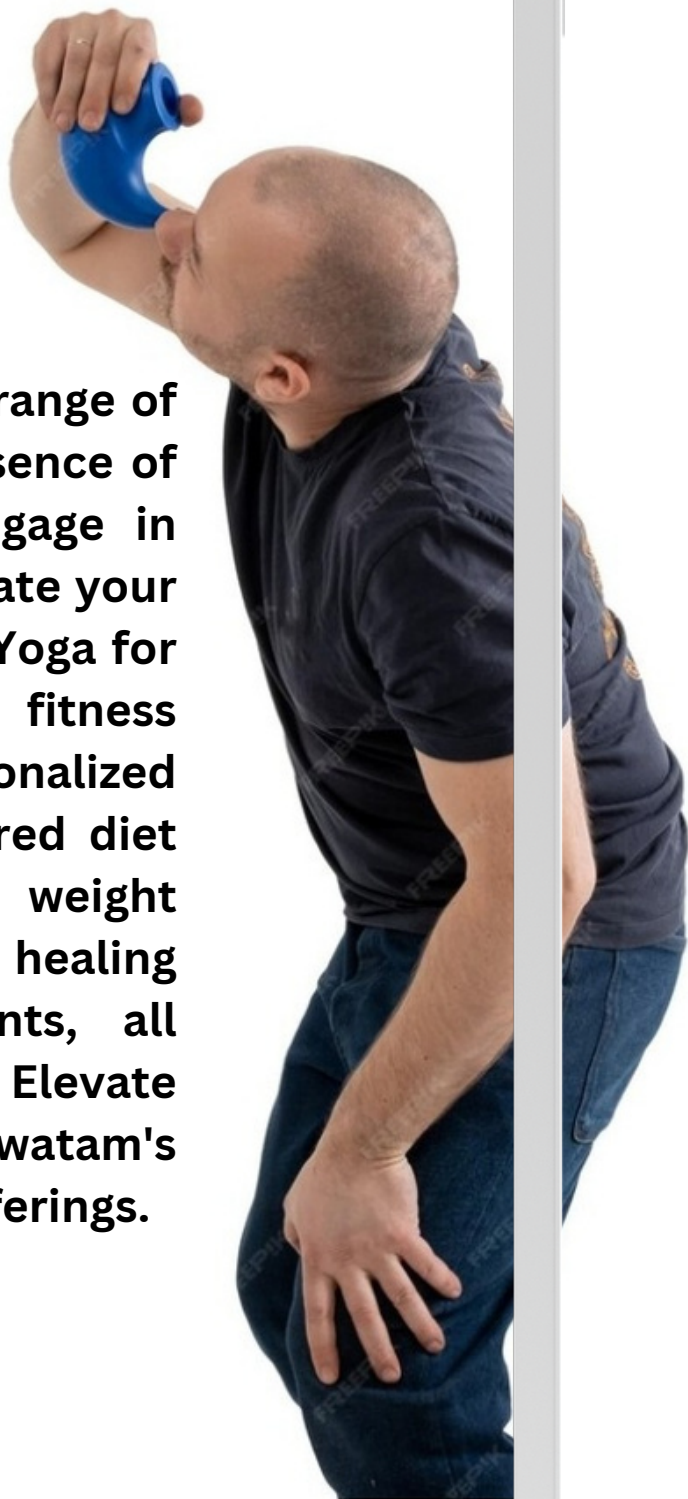
Yoga for BP

Yog Shashwatam offers transformative yoga sessions dedicated to reversing and managing high blood pressure without the use of medications. Rooted in ancient yogic principles, these sessions emphasize mindful breathing, gentle postures, and meditation. Through a holistic approach, participants are guided to cultivate a deeper connection between mind and body, fostering relaxation and stress reduction. The teachings draw from a rich tradition, promoting not only physical well-being but also mental and emotional balance. Yog Shashwatam's unique blend of therapeutic yoga techniques aims to empower individuals on their journey toward blood pressure management, promoting a healthier lifestyle through the wisdom of yoga.



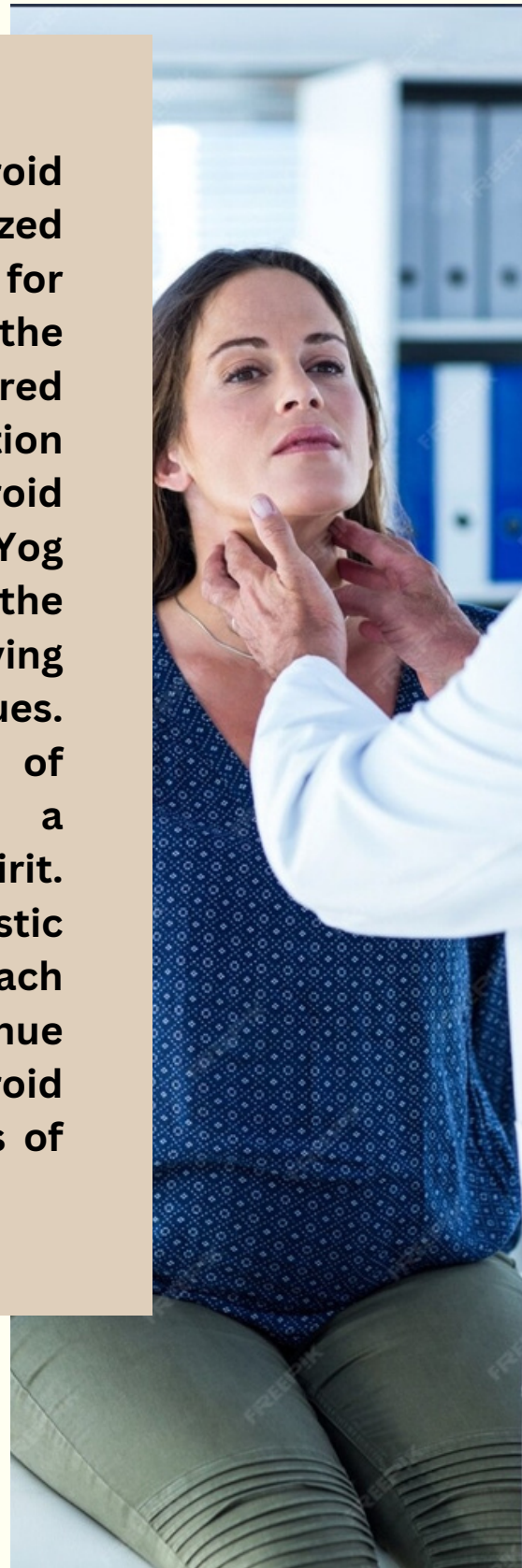
Yog Shashwatam's Convenient Wellness options

Yog Shashwatam offers a holistic range of optional services, bringing the essence of well-being to your doorstep. Engage in Shatkarma to cleanse and rejuvenate your body, explore Eye Yoga and Face Yoga for a revitalized appearance. Our fitness consultations cater to personalized wellness, complemented by tailored diet plans for effective health and weight management. Experience the healing touch of naturopathy treatments, all within the comfort of your home. Elevate your well-being with Yog Shashwatam's convenient and comprehensive offerings.



Yoga for Thyroid

Yog Shashwatam unfolds a path to thyroid reversal and management through specialized yoga sessions that transcend the need for medications. These sessions delve into the ancient wisdom of yoga, incorporating tailored postures, breathwork, and meditation techniques designed to harmonize the thyroid function. With a holistic approach, Yog Shashwatam aims to address not only the physical aspects but also the underlying imbalances that contribute to thyroid issues. Participants are guided through a journey of self-discovery and healing, fostering a connection between the body, mind, and spirit. The emphasis on stress reduction and holistic well-being sets Yog Shashwatam's approach apart, offering a natural and empowering avenue for individuals seeking to manage their thyroid health through the transformative practices of yoga.



Yoga for Stress, Anxiety & Depression

Yog Shashwatam provides a sanctuary for those seeking relief from the burdens of stress, anxiety, and depression through purposeful yoga sessions that eschew the reliance on medications. Rooted in ancient yogic wisdom, these sessions emphasize gentle yet potent postures, mindfulness techniques, and calming breathwork to soothe the mind and ease emotional tension. Yog Shashwatam's approach extends beyond the physical, encouraging participants to explore the depths of their inner selves through meditation and self-reflection. By fostering a harmonious connection between the body and mind, these sessions become a transformative journey towards mental well-being. Yog Shashwatam stands as a beacon of holistic healing, offering individuals the tools to navigate and manage the challenges of stress, anxiety, and depression naturally and sustainably.

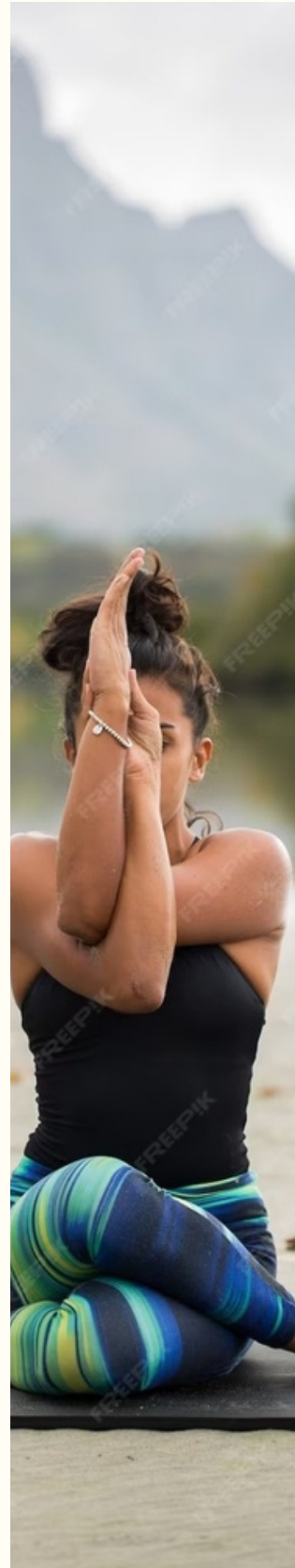


Best Online & at your home solutions

Yog Shashwatam stands out as the premier choice for online and at-home yoga sessions, offering a holistic approach to well-being. With a dedicated focus on yoga, shatkarma, eye yoga, face yoga, and addressing fitness and flexibility concerns, Yog Shashwatam provides a comprehensive platform for individuals seeking a transformative health experience. The instructors at Yog Shashwatam are seasoned experts, guiding practitioners through a journey that not only enhances physical fitness but also nurtures mental and spiritual well-being.

One of the key strengths of Yog Shashwatam lies in its personalized approach, tailoring sessions to meet individual needs. Whether you're a beginner or an experienced yogi, the platform adapts to your skill level, ensuring a comfortable and effective practice. Moreover, the convenience of accessing these sessions from the comfort of your home eliminates barriers to regular practice, making it easier to incorporate wellness routines into busy lifestyles.

What sets Yog Shashwatam apart is its commitment to fighting and reversing diseases without resorting to harmful medications. The integration of yoga as a therapeutic tool showcases our dedication to holistic healing. By fostering a mind-body connection, Yog Shashwatam empowers individuals to take charge of their health, promoting longevity and resilience.



Yoga for Pain, Spondylitis

Yog Shashwatam extends a healing touch to those grappling with joint pain, body aches, spondylitis, lumbar, and cervical discomfort through specialized yoga sessions that exclude the need for medications. These sessions seamlessly blend ancient yogic principles with targeted postures and movements, focusing on improving flexibility, strength, and overall joint health. With a holistic perspective, Yog Shashwatam addresses not only the symptoms but also the root causes of pain, promoting a balanced approach to physical well-being. Participants are guided through a therapeutic journey, exploring yoga as a natural remedy for alleviating pain and fostering overall musculoskeletal health. Yog Shashwatam's commitment to drug-free solutions offers a sustainable and empowering path for individuals seeking relief from joint and body pain.



Yoga for Weightloss



Yog Shashwatam's innovative approach to weight loss transcends conventional methods, offering yoga sessions designed to harmonize the body and mind on the journey to achieving a healthier weight. Through a fusion of dynamic asanas, focused breathwork, and mindful meditation, participants engage in a holistic fitness experience. These sessions not only burn calories but also cultivate awareness of one's body and its needs. Yog Shashwatam's expert instructors guide individuals with personalized routines, ensuring that each session contributes to both physical strength and mental resilience. By integrating the principles of yoga into the weight loss journey, Yog Shashwatam provides a sustainable and balanced path, fostering a healthier relationship with the body while achieving and maintaining weight loss goals.

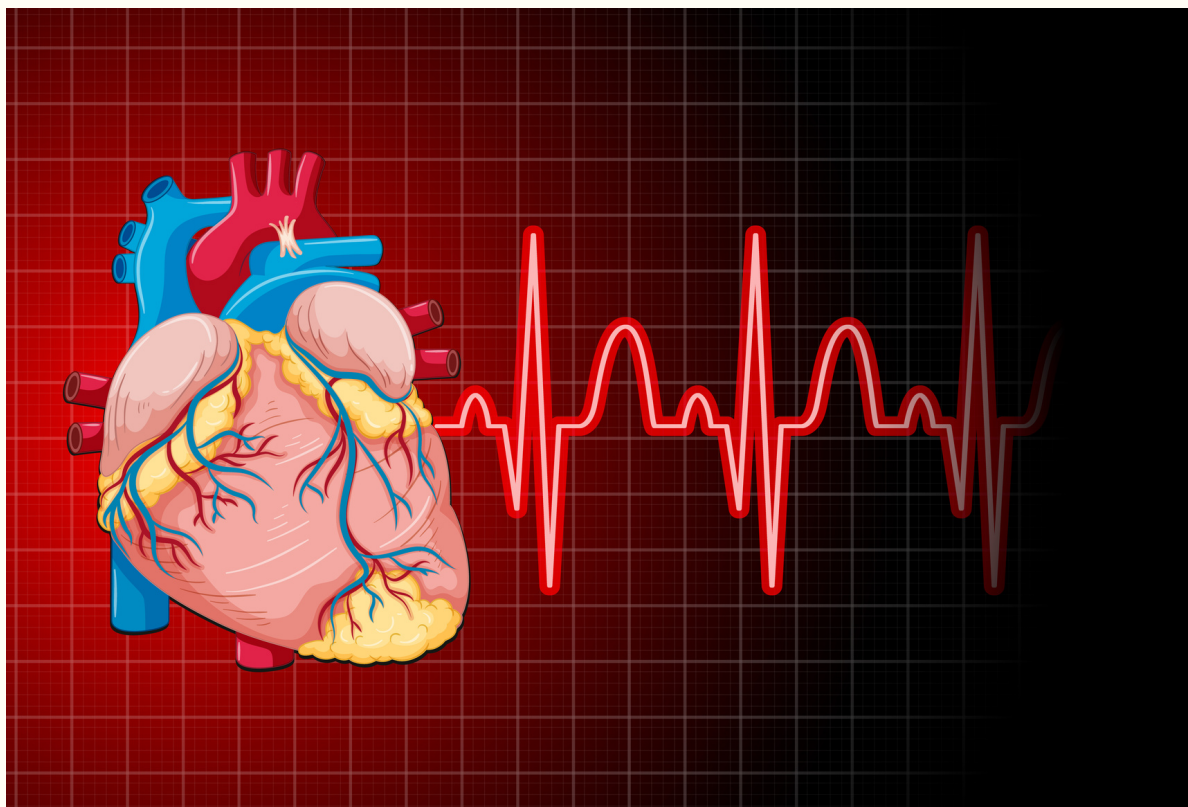


Weak Digestive System

In Yog Shashwatam's enlightening session on Yoga for digestion-related problems, participants embarked on a transformative journey toward digestive well-being. The comprehensive approach delved into alleviating common issues such as indigestion, bloating, and acid reflux through a series of carefully curated yoga postures and mindful breathing techniques. Attendees discovered the profound impact of yoga on promoting peristalsis, aiding in the effective breakdown of food, and enhancing overall digestive function. As participants embraced this holistic approach, issues like irritable bowel syndrome (IBS) and constipation found relief, showcasing the remarkable potential of yoga in fostering digestive harmony and lasting wellness.



Heart Problems



Yoga, with its ancient roots, positively impacts heart health through physical postures and controlled breathing. Asanas enhance circulation and reduce blood pressure, while pranayama improves oxygenation and regulates heart rate. The mind-body connection in yoga addresses stress and emotional well-being, fostering a heart-healthy lifestyle. Its holistic approach, including mindfulness and meditation, promotes overall cardiovascular well-being. Consulting healthcare professionals is advisable for individuals with pre-existing heart conditions before starting a yoga practice.



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Fee Structure

Online Personal
Yoga Sessions
INR 5000/- PM

At your home
Yoga Sessions
INR 10000/- PM

At your home
other Sessions
INR 1500/- Per Day

Online Common
Yoga Sessions
INR 1500/- PM



Other Sessions are shatkarma, face yoga, eye yoga & any single day session



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GET IN TOUCH



9810770407



shashwatamyog@gmail.com



www.yogshashwatam.org

