



YOGA STUDIO

Yoga for Everyday Wellness

Breath, balance and strength for all ages

COACH

Coach Name

LOCATION

Rishikesh + online

JOIN

+91 90000 00000

Agenda

- 01 Why us
- 02 Training
- 03 Progress
- 04 Join



Image



**Ten minutes on the mat can
change your whole day.**

Our promise

RESULTS

Why train with us

8

styles of classes

6 am

sunrise sessions

All

ages and levels

Sample figures for illustration.

Programmes

01

Hatha

Foundational postures and breath.

02

Vinyasa

Flowing sequences for strength.

03

Pranayama

Breathing practices for calm.

SCHEDULE

Weekly plan

Day	Focus	Duration
Mon	Hatha basics	60 min
Wed	Vinyasa flow	60 min
Sat	Pranayama + meditation	45 min

Adjust load to your level.

How it works

1

Begin

Introductory class

2

Learn

Basic postures

3

Practise

Regular classes

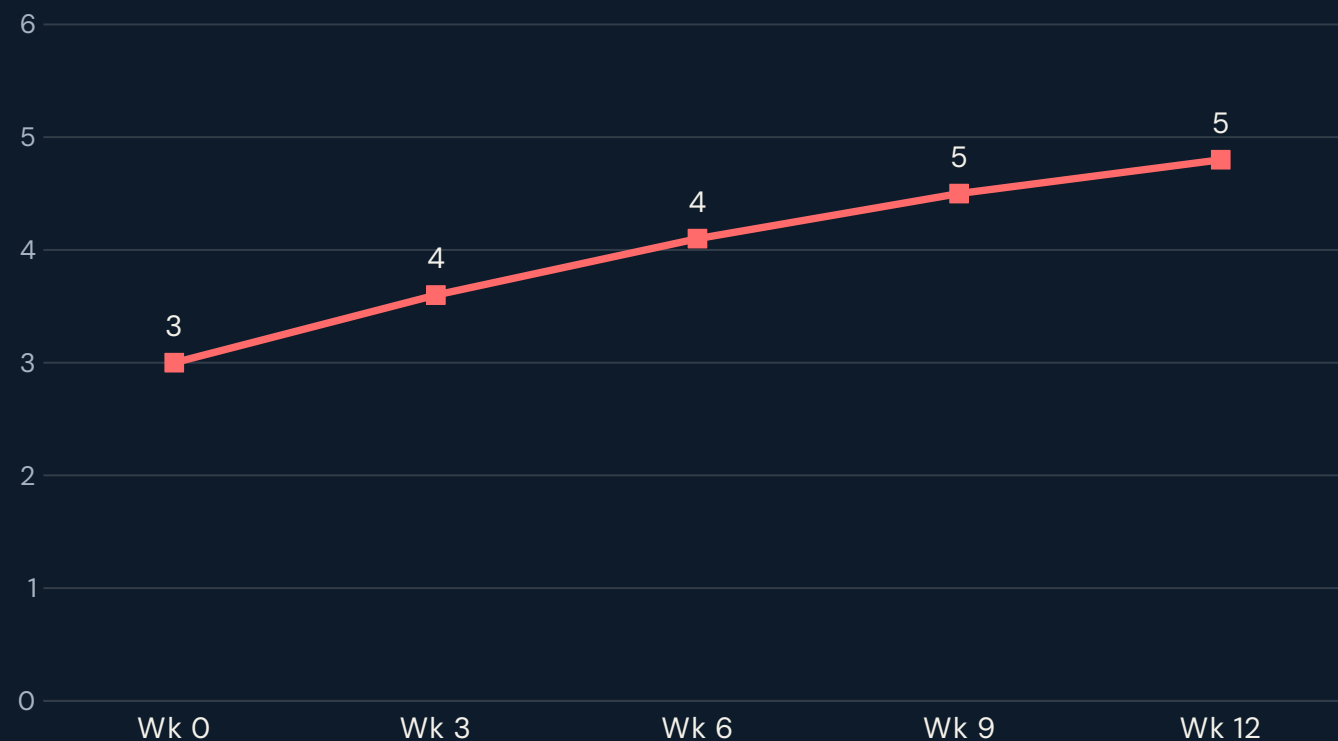
4

Deepen

Workshops and retreats

TRACKING

Progress over 12 weeks



Typical progress of a member
(sample data).

Sample data for illustration — replace with your own figures.

PRICING

Membership plans

Plan	Includes	Price
Drop-in	Single class	₹ 400
Monthly	Unlimited classes	₹ 3,000
Online	Live + recorded	₹ 1,200

Indicative pricing.



Portrait image

“

My back pain is gone, and I sleep better than I have in years.

— A member (placeholder testimonial)

NEXT STEPS

Start today

- ▶ Book a free first class
- ▶ Bring a mat and water
- ▶ Arrive 10 minutes early
- ▶ Practise three times a week



Your first session is on us

Book a free trial today.

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