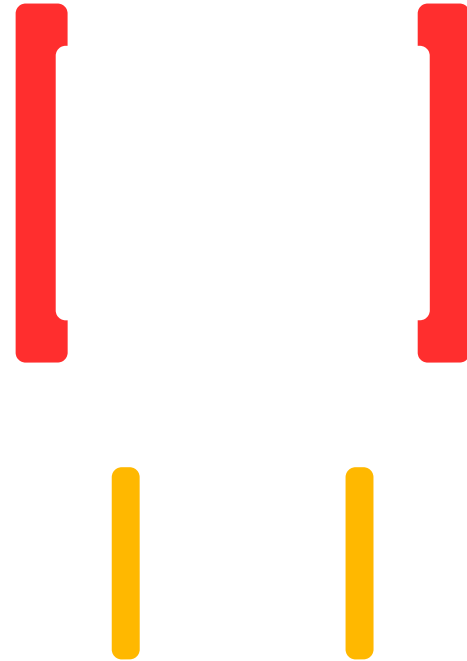


YOGA STUDIO

Yoga for Everyday Wellness

Breath, balance and strength for all ages

Coach Name · Rishikesh + online · +91 90000 00000



Agenda

01

Why us

02

Training

03

Progress

04

Join



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

Our promise

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

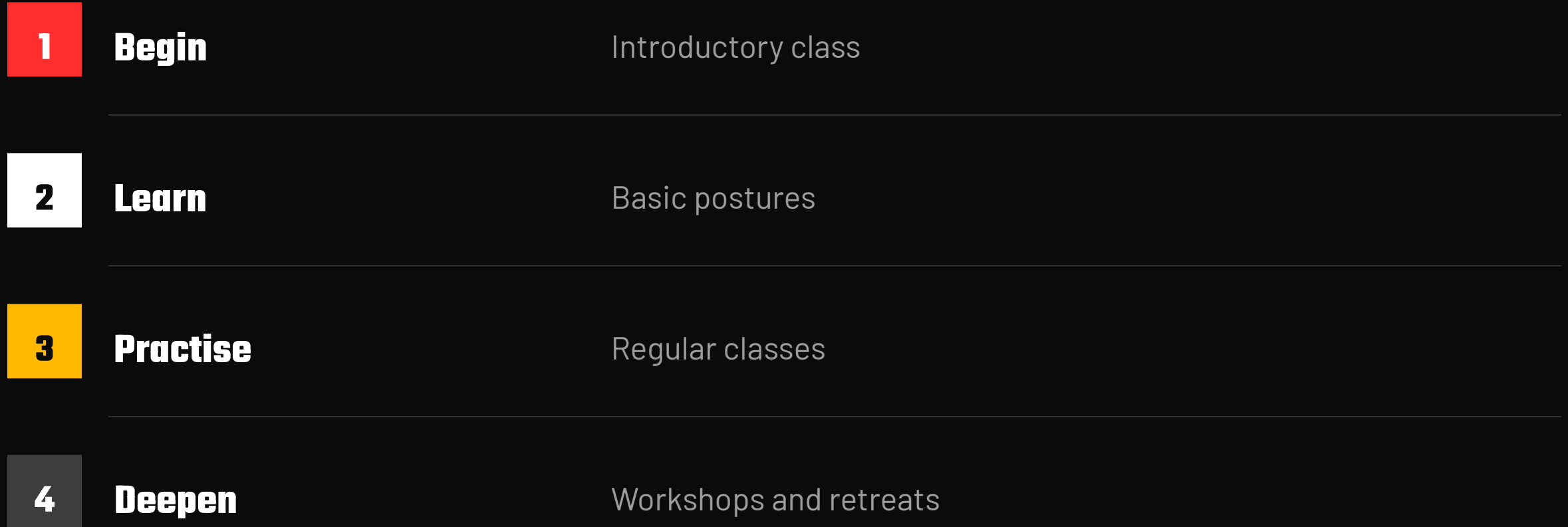
Breathing practices for calm.

Weekly plan

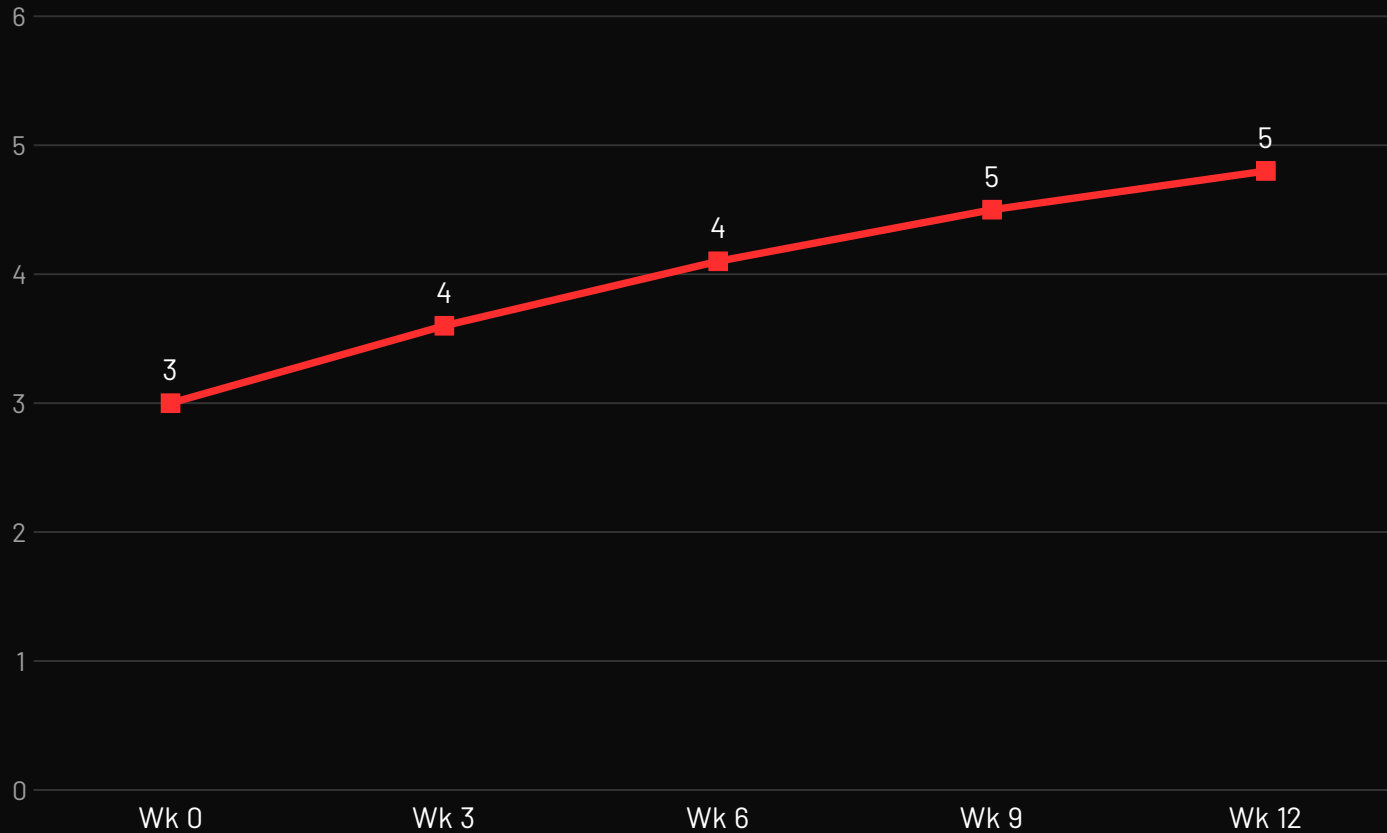
Day	Focus	Duration
Mon	Hatha basics	60 min
Wed	Vinyasa flow	60 min
Sat	Pranayama + meditation	45 min

Adjust load to your level.

How it works



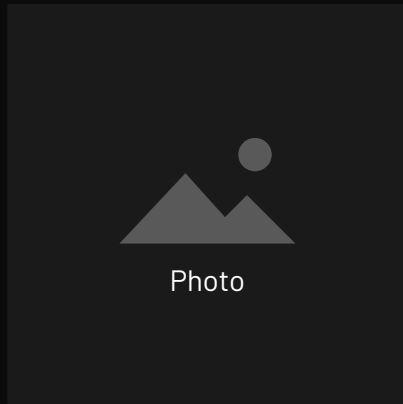
Progress over 12 weeks



Typical progress of a member
(sample data).

Sample data for illustration — replace with your own figures.

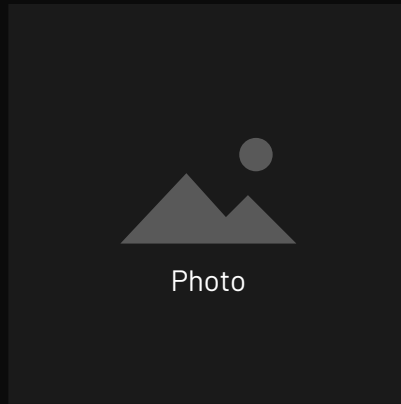
Coaches



Teacher Asha

SENIOR TEACHER

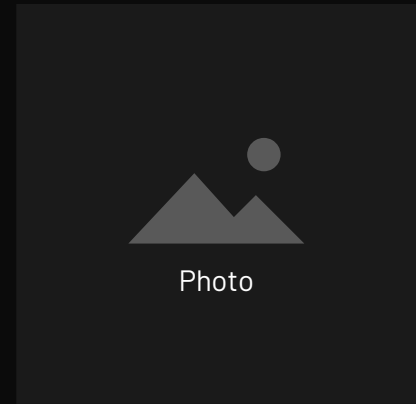
15 years of practice.



Teacher Vikram

TEACHER

Vinyasa and strength.



Teacher Lina

TEACHER

Pranayama and meditation.

Myth vs fact

Myth

- ✓ You must be flexible to start
- ✓ Yoga is only stretching
- ✓ It is too slow to matter

Fact

- Flexibility comes with practice
- Yoga builds strength and balance
- Even short sessions help

Membership plans

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

Indicative pricing.



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

A MEMBER (PLACEHOLDER TESTIMONIAL)

Start today

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



Image

Your first session is on us

Book a free trial today.

+91 90000 00000

hello@yourdomain.in