

OUR SPECIALIZED YOGA ON
PANCHA KOSHA (JOURNEY FROM
BAHIRANGA SADHANA TO
ANTHARANGA SADHANA..)

**The Pancha Kosha/Five
sheath of our existence**

**1 Annamaya-kosha (food
sheath)**

DNA, Cells, Tissues,
Nerves. Organs, Body ..

**2 PRANAMAYA-KOSHA
(VITAL SHEATH)**

Aura, Electro, magnetic ,
Energy field, Chakras,
Nadis, Pranas..

**3 MANOMAYA-KOSHA
(MENTAL SHEATH)**

Mind, Thinking, Feeling,
Fear, Doubts, Motivations..

**4 VIJNANAMAYA-KOSHA
(INTELLECT/INTUITIVE SHEATH)**

Wisdom, Higher
consciousness, Intellect,
Values, Intuition, Belief
systems..

**5 ANANDAMAYA-KOSSA (BLISS
SHEATH)**

Bliss, Connection to the
collective unconscious, self,
God, Divine spark within.....



**PANCHA
KOSHA
YOGA**



Yoga for working Professionals

Yoga @ Home/Office

Yoga For A Holistic Approach to
Manage & Healing Diseases like:

- Ø Anxiety, Migraine, headache, stress
- Ø Thyroid, Asthma Bronchitis....
- Ø High/Low Blood pressure...
- Ø Back pain, cervical spondylosis..
- Ø Diabetes, Constipation..
- Ø Vitiligo/Lecoderma skin disease.
- Ø Pcos-pcod period-cramps.
- Ø Piles/Hemorrhoids
- Ø Sciatica, Varicose Veins
- Ø Knee Pain, Arthritis...
- Ø weight loss and More...



Focus on: (Scriptures)

- Ø Yoga-Darshan
- Ø Hata yoga
- Ø Gheranda Samhita
- Ø Bhagavad Gita and More...



BOOK NOW - 961123113

Shriharitika123@gmail.com

Fee Min 700 per Session*

After Discount prices: @ Bangalore

Individual / Group Sessions	Monthly	3 Months	Sessions	Max Persons
2 Days a week	5500	14500	8 Per Month	1-3
3 Days a week	8000	19500	12 Per Month	1-3
5 Days a week	12000	30000	20 Per Month	1-3
Individual / Group Sessions	Monthly	3 Months	Sessions	Persons
1 Hour Session	800	700	Min 12 Sessions	1-4
1 Hour Session	900	800	Min 12 Sessions	5-9
1 Hour Session	1100	1000	Min 12 Sessions	10-25
1 Hour Session	1400	1200	Min 12 Sessions	25+
Group Sessions	Monthly	3 Months	Sessions	Min Persons
3 Days a week	400/ Person	900/ Person	12 Per Month	50>
3 Days a week	650/ Person	1600/ Person	12 Per Month	20>
3 Days a week	1100/ Person	3000/ Person	12 Per Month	10>
Group Sessions	Monthly	3 Months	Sessions	Min Persons
5 Days a week	550/ Person	1450/ Person	20 Per Month	50>
5 Days a week	1000/ Person	2500/ Person	20 Per Month	20>
5 Days a week	1500/ Person	3800/ Person	20 Per Month	12>
50 Hours Yoga - Basic Teacher Training Level 1				
Group Sessions	Amount		Sessions	Min Persons
5 Class Per week	10000/ Person		50 Sessions	8>
100 Hours Yoga - Basic and Advance Teacher Training Level 2				
Group Sessions	Amount		Sessions	Min Persons
5 Class Per week	10000/ Person		100 Sessions	15>
200 Hours Yoga - Basic, Advance and Therapy Training Level 3				
Group Sessions	Amount		Sessions	Min Persons
5 Class Per week	10000/ Person		200 Sessions	25>

Practical :

Pancha Koshas Yoga , Vinyasa Yoga , Ashtanga Yoga , Hatha Yoga, Warm ups and Stretches

Traditional and Advance Surya Namaskars, 200 Plus Asanas ,Bandhas and Mudras, Shatkarma kriyas

Pranayama, Meditation Techniques and More....

Theory :

Ashtanga Yoga : 8 Limbs of Yoga, Hatha Yoga Pradeepika, Gerand Samhita, Baghavad Geeta

Patanjali Yoga Darshan, Sankhya yoga darshana, Pancha Koshas

Basic Mudras and Advance Hasta Mudra , Shatkarma kriyas

Energy Anatomy : Chakras, Nadis, Prana's , and Upa Prana's

Anatomy and Physiology (12 Systems), Bandhas

Yogic Diet and More

Yoga Therapy :

Anxiety, Migraine, headache stress, Asthma Bronchitis, Thyroid, cervical spondylosis

Back pain, High BP, Arthritis, Diabetes, pcos-pcod period-cramps, Pregnancy,

Constipation /Piles/Hemorrhoids, Sciatica, Varicose Veins , Knee Pain,

Vitiligo/Lecoderma skin disease, and More...