



Aanantha
Yoga & Meditation



Heal
naturally



Hi



THIS IS OUR
YOGA
programs and
packages

Services

Yoga for

Physical health

- Back pain - Joint pain - Posture Correction
- Weight loss or obesity
- PCOD or PCOS
- Thyroid
- Digestive problems
- Diabetes & BP management
- Flexibility & Mobility
- Muscle stiffness or Body tightness

Mental health

- Stress & Anxiety
- Depression
- Insomnia
- Focus, Concentration & Memory power
- Boosting Confidence

Lifestyle Enhancement

- Cardiac issues
- Increase Stamina & Endurance
- Respiratory issues
- Immunity or Disease resistance
- Reproductive health
- Sports Enhancement

Package

Registration Fee (Common to all) : **Rs. 500 /-**

Personal Training (Online only).

India Residents

Monthly - Rs.6000

Quarterly - Rs.15,000

International & NRI Clients

Monthly - Rs.8000

Madanandhapuram, Mugalivakkam & Urapakkam

Monthly - Rs.2500

Quarterly - Rs.6000

Half yearly - Rs.11,000

Annual - Rs.15,000

Online Group sessions

Monthly - Rs.2500

Quarterly - Rs.6000

Half yearly - Rs.11,000

Annual - Rs.15,000

Time slots :

Every Monday to Friday

5 - 6 am

6 - 7 am

7 - 8 am

8 - 9 am

9 - 10 am

10 - 11 am

5 - 6 pm

6 - 7 pm

Saturdays (Only if informed)

Meditation session timings

6 - 7 am

7 - 8 am

8 - 9 am



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**TERMS
CONDITIONS**



Free Trail Sessions:

- We have a free 2 day demo/trial sessions for Offline/Online/Personal sessions, after which you'll need to choose a package if you wish to continue with the program.



Working days and hours:

- We work all days except SATURDAYS & SUNDAYS.
- 5 to 11 am and 5 to 7 pm are the working hours every Monday to Friday.
- 6 to 9 am is the working hour every Saturdays (Occasionally)
- You can take a visit to our studio and meet the instructors with appointment for further queries.

Refund & Policies:

- **There are strictly no refunds.**
- Once payment is made and you join the sessions, the program is considered to have started.
- **Any personal leave taken during the program will not be compensated later.** The program duration will not be extended, and the fees will not be adjusted/extended.
- **The program will strictly expire on the package's expiration date,** regardless of the number of days attended or missed by the individual.



Payment Mode:

UPI transfer / Bank Transfer / Cash