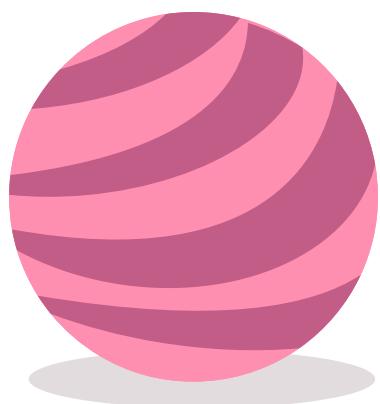




**Aanantha**  
Yoga & Meditation



Heal  
naturally



# Services

## Yoga for

Physical health	Mental health	Lifestyle Enhancement
<ul style="list-style-type: none"><li>• Back pain - Joint pain - Posture Correction</li><li>• Weight loss or obesity</li><li>• PCOD or PCOS</li><li>• Thyroid</li><li>• Digestive problems</li><li>• Diabetes &amp; BP management</li><li>• Flexibility &amp; Mobility</li><li>• Muscle stiffness or Body tightness</li></ul>	<ul style="list-style-type: none"><li>• Stress &amp; Anxiety</li><li>• Depression</li><li>• Insomnia</li><li>• Focus, Concentration &amp; Memory power</li><li>• Boosting Confidence</li></ul>	<ul style="list-style-type: none"><li>• Cardiac issues</li><li>• Increase Stamina &amp; Endurance</li><li>• Respiratory issues</li><li>• Immunity or Disease resistance</li><li>• Reproductive health</li><li>• Sports Enhancement</li></ul>

# Package

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

## Personal Training (Online)

Monthly - Rs.6000

Quarterly - Rs.15,000

## 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

# Click the icons to reach us



- **86107 03653**
- [toaananthayoga@gmail.com](mailto:toaananthayoga@gmail.com)
- [aananthayoga.com](http://aananthayoga.com)
- Plot no:5, Jagadheesh nagar, 2nd cross street, Urapakkam-603211, TN, India.



### **Free Trial 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.



- 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