



**Aanantha**  
Yoga & Meditation



Heal  
naturally



THIS IS OUR  
**YOGA**  
programs and  
packages



# 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/Offline).

Monthly - Rs.5000

NRI Monthly - Rs.6000

Quarterly - Rs.13,500

NRI Quarterly - Rs.16,500

## Madanandhapuram, Mugalivakkam & ONLINE

Monthly - Rs.2500

Quarterly - Rs.6000

Half yearly - Rs.11,000

Annual - Rs.15,000

## Urapakkam branch

Monthly - Rs.2000

Quarterly - Rs.5000

Half yearly - Rs.9000

Annual - Rs.12,000

# 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.



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# TERMS CONDITIONS



## Free Trail Sessions:

- We have a free 2 day demo/trial sessions for Offline and Online 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 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
- You can still take a visit to our studio and meet the instructors with appointment.



## Refund & Policies:

- Strictly no refund.
- Once you pay for a package and join the sessions, the program starts.
- Any personal leaves in between or during the program by an individual will not be compensated later, neither the program length will be extended nor the fees will be extended.
- The program will strictly expire at the time of the package's expiration date regardless of how many present or absent days an individual possess within the program.



## Payment Mode:

UPI transfer / Bank Transfer / Cash