



**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>

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

## Package

### Online & Offline

Monthly - Rs.2500/-

Quarterly - Rs.6000/-

Half yearly - Rs.11,000/-

Annual - Rs.15,000/-



# REACH US

Click on the icons  
to connect with us  
right away.



**86107 03653**



**86107 03653**



**toaananthayoga@gmail.com**



**aananthayoga.com**

click on the icon



**Plot no:5, Jagadheesh nagar, 2nd cross street,  
Urapakkam-603211, TN, India.**

@gowthamantra



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click on the icon

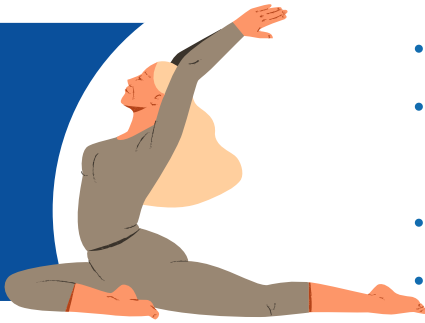
## Free Trail Sessions:

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



## Working days and hours:

- We work everyday except on 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 Sundays
- 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