



International Yoga Therapy, Training & Placement Center



About HITYOGA

HITYOGA - ಹಿತ್ಯೋಗ "ಹಿತ / Hitha" means Well-Being and "Yoga / ಯೋಗ" means Union.

HITYOGA is a registered International Yoga Institute affiliated by Vyasa (Vivekananda Yoga Anusandhana Samsthana). It was founded in the year 2020 by Shri Hitesh Aras a certified Yoga Master.

HITYOGA Therapy center and corporate office is currently located in Bengaluru, Karnataka.

HITYOGA is looking after its <u>Karma Yoga</u> with a great passion and purpose of teaching & training Yoga to all its aspiring, dedicated & deserving students across the World.

HITYOGA is committed not only in imparting yoga knowledge for students but also fabricate the students to become resourceful yoga teachers through HYIC (HITYOGA's Yoga Instructor's certification course).

HITYOGA brings into play a syllabus which is unique in teaching & imparting training techniques. Assignments, evaluation and regular follow ups have made Yoga a joyful and a happy learning experience.

In these 5 years of its journey, HITYOGA has conducted 3,000+ yoga sessions via online and offline platforms for students across the globe. HITYOGA is currently training its students in India, Europe and USA through digital platforms.

Team HITYOGA ensures, special consultation and regular guidance by the <u>Ayurveda Doctors</u>, <u>Certified Yoga Therapists</u> & <u>Yoga</u> <u>Instructors</u> for the students throughout the HITYOGA training program.

HITYOGA MISSION & VISION

Vision: "Every Day is a Yoga Day"

- 1.) To educate and share the knowledge of right traditional Indian yoga.
- 2.) To teach yoga and kriyas with proper scientific techniques.
- 3.) To sharpen our mindset in "Minding our own Yoga" and focusing and appreciating everyday improvements by stretching our own limits on physical and mental state.

Mission: "Right To Yoga"

- 1.) Inspired by Swami Vivekananda to continue spreading the knowledge of our ancient Indian wisdom Raja Yoga/Ashtanga Yoga across the World.
- 2.) To make everyone realize and understand that Yoga is the fundamental right of the whole Human kind.

"I practice yoga for my happiness and for my success in life.

You practice yoga for your happiness and your success in life.

Let us all unite, learn and practice yoga together and become successful in our lives"

Come Join Us.

Shri Hitesh Aras Founder, HITYOGA



Yoga practice is a must for Everyone.

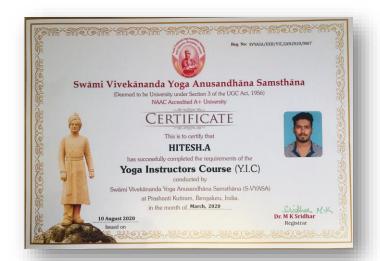
About, The Founder

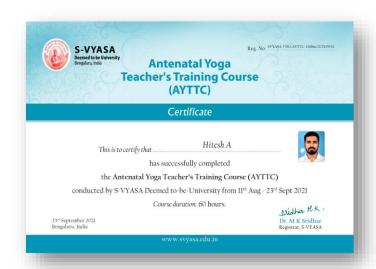
Shri **Hitesh Aras** is a Graduate in Mechanical Engineering and an International Certified Yoga Master, Aerial Yoga & Antenatal Yoga Teacher. He is the founder of Hitha Kriya.



It is a pride to mention that he has pursued his Masters "M.Sc. in Yoga" from the world renowned S-VYASA Yoga University.

Awards & Certificates



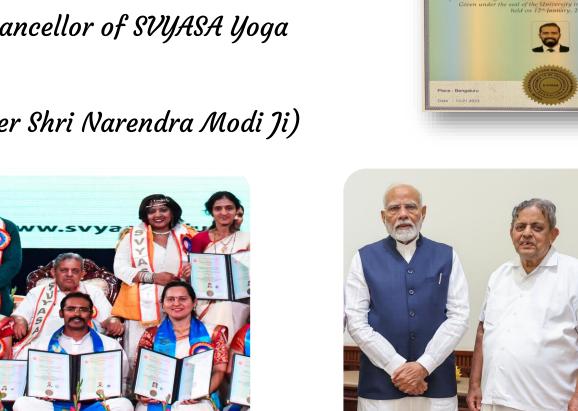




Achievements

Shri Hitesh Aras, receiving the blessings and his Masters "M.Sc. in Yoga" certificate on 12th January 2023 from "Yoga Shri" & "Padma Shri" Awardee Dr. H R Nagendra Guruji, The Founder & Chancellor of SVYASA Yoga University.

(The Yoga Guru of our Indian Prime Minister Shri Narendra Modi Ji)









Achievements

The official copyright registration of HITHA KRIYA® - Birth and Death Breathing Meditation Technique marks a major achievement for Shri Hitesh Aras, Yoga Master.

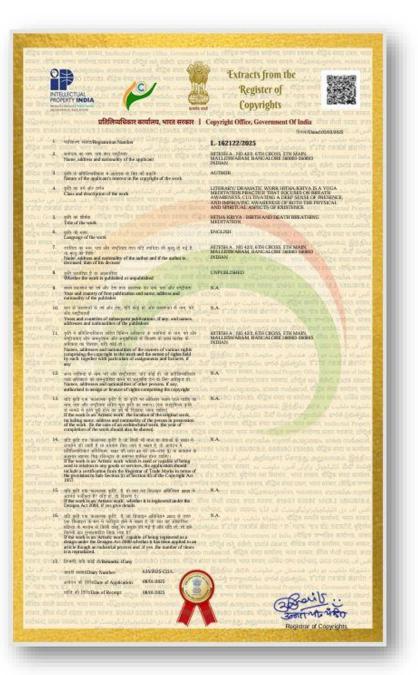
Developed over Five years of dedicated research and practice.

Officially recognized by the Government of India as a unique meditation technique.

Verified 100% original through plagiarism checks.

Contributed a powerful method for mindfulness, inner transformation, and well-being.

This milestone strengthens the authenticity of HITHA KRIYA® and its **impact on global meditation practices**.



Awards

Shri Hitesh Aras, has been honored with the prestigious "Aniketana Datthi Prashasthi – 2025" at the 6th State-Level Women's Kannada Literature & Cultural Conference, held on 8th November 2025, at Bengaluru.





Affiliation

HITYOGA is an Affiliated Yoga Centre of "Vivekananda Yoga Anusandhana Samsthana".

Shri Hitesh Aras, receiving the blessings and Affiliation Certificate from "Yoga Shri" & "Padma Shri" Awardee Dr. H R Nagendra Guruji, The Founder & Chancellor of SVYASA Yoga University.

(The Yoga Guru of our Indian Prime Minister Shri Narendra Modi Ji)







Certification Ceremony

Shri Hitesh Aras, receiving the blessings from "Yoga Shri" & "Padma Shri" Awardee Dr. H R Nagendra Guruji along with Aerial Yoga Teachers, certified by HITYOGA Institute under VYASA at SVYASA Yoga University, Bengaluru.





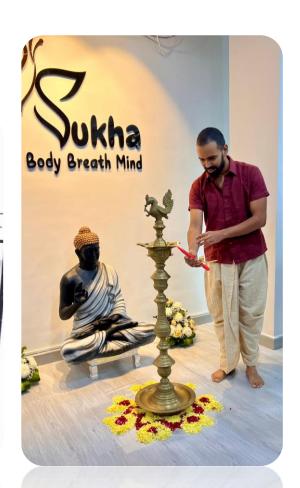


Inauguration Ceremony

Shri Hitesh Aras, Inaugurating his Aerial Yoga student's "SUKHA – An Aerial Yoga studio", Bengaluru.







Inauguration Ceremony

School of India, Bengaluru invited Shri Hitesh Aras as Chief Guest for their First-ever Inter School Yoga Competition 2025 on 28th June 2025.













Yoga Seminar - Hitha Kriya

Surana College (Autonomous), Bengaluru invited Shri Hitesh Aras as Guest Speaker for their Yoga Seminar on 7th July 2025.









Yoga Workshop - Hitha Kriya

Shri Hitesh Aras conducting Yoga Workshop for School Teachers on Breath work and Stress Management at Whitefield Global School, representing KRS Yoga Academy Bengaluru.







At Historic Vivekananda House - Chennai

Shri Hitesh Aras along with Vyasa Officials conducting Yoga Exam and Meditating at the historic Vivekananda House (Vivekanandar Illam) in Chennai, connecting with the profound legacy of Swami Vivekananda.









Our HITYOGA's VIP, CEO, Celebrity Clients



Dr. Murugesh R Nirani
Former Minister for Large &
Medium Scale Industries,
Govt of Karnataka

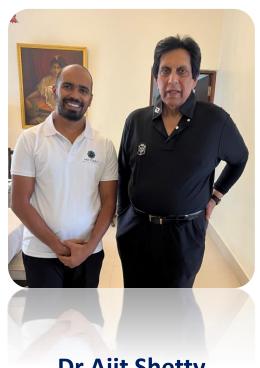


Shri Raghavendra Rajkumar

Indian actor, singer and producer

of Kannada cinema.

Son of actor Dr. Rajkumar



Corporate Vice President (Retd.)
Enterprise Supply Chain
Johnson&Johnson



Yoga practice is the practice of Discipline.

Team HITYOGA

Meet Our Yoga Teachers



Hitesh Aras Yoga Master



Pooja Raj Rathod Yoga Instructor



Dharanesh H M Yoga Master



Abhijit G Yoga Instructor



Prasanna Mahadevappa Yoga Master



Pramila Narendra Yoga Teacher

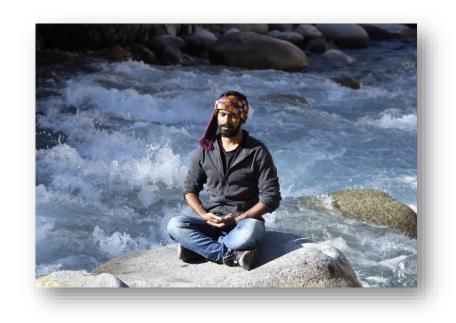


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Hitesh Aras





The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to unite'.

- ✓ Yoga brings together physical and mental disciplines to achieve a peaceful body and mind.
- ✓ Yoga helps manage stress and anxiety and keeps you relaxing.
- ✓ Yoga helps in increasing flexibility, muscle strength and body tone.
- ✓ Yoga improves respiration, energy and vitality.
- √ Yoga Suryanamaskara, Asanas and Pranayama build strength, flexibility and confidence.

We Educate, Train and Instruct

- 1.) Asanas Surya Namaskara and Yoga Asanas for Beginners.
- 2.) Pranayama Basics & Advanced Pranayama practices.
- 3.) Meditation Om Meditation, Cyclic Meditation, PET, MSRT.
- 4.) Mudras The Science, Methods & Benefits of the practice.
- 5.) Kriyas Trataka, Neti, Dauthi, Kapalabhati, Nauli, & Basthi



KPI, Focus and Goals:

- > Flexibility, weight management, body balance, Cellular level energisation.
- > Pranic energisation, Surya Nadi Chandra Nadi Balance, Prakriti balance, Mindfulness.
- > Disease free, Happy & Healthy lifestyle.

Our Services

General Programs

- ✓ Yoga Instructors Course (Y.I.C)
- ✓ Aerial Yoga TTC
- √ Yoga Therapy
- ✓ Corporate Yoga
- ✓ Hitha Kriya
- ✓ Yoga Tourism

Special Programs

- ✓ Women Wellness JAYT
- ✓ Ante Natal Yoga Program
- ✓ Yoga and Memory Workshop
- ✓ Personal Yoga Training
- ✓ Kids Yoga & PDC
- √ Food & Yoga

Wellness Programs

HITYOGA has its Wellness collaboration with the best Health Care centres in Bengaluru.

HITYOGA - 8th International Yoga Day

Yoga for Humanity







Hitesh Aras









CORPORATE YOGA











YOGA & MEMORY WORKSHOP



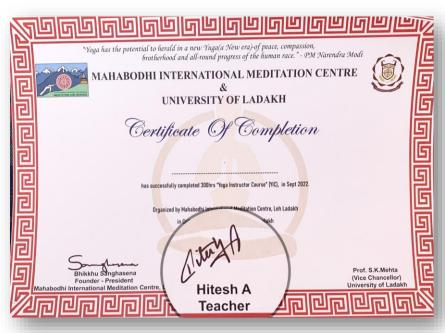
YOGATOUR

Collaborations

HITYOGA has collaboration with "Mahabodhi International Meditation Centre", Leh - Ladakh.

Shri Hitesh Aras, receiving the blessings from the 'Prime Minister's Yoga 2021 Award' Awardee "Bhikkhu Sanghasena Guruji", The Founder of MIMC – Leh, Ladakh. HIMALAYAS.







Shri Hitesh Aras holds the record of conducting the First ever Yoga Instructor's Course, A Yoga certification program organised by MIMC with collaboration of VYASA and University of LADAKH at HIMALAYAS.

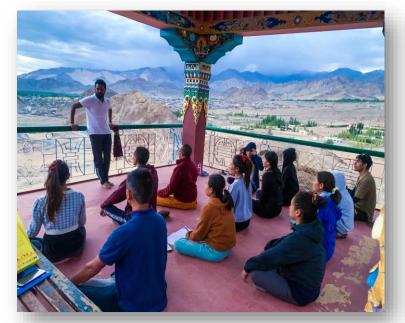








YOGA INSTRUCTOR'S COURSE (Y.I.C) at HIMALAYAS













YOGA INSTRUCTOR'S COURSE (Y.I.C) at HIMALAYAS



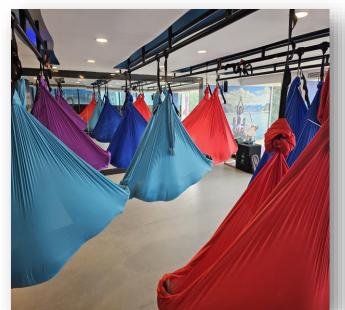








AERIAL YOGA TEACHERS TRAINING COURSE (TTC) at BENGALURU







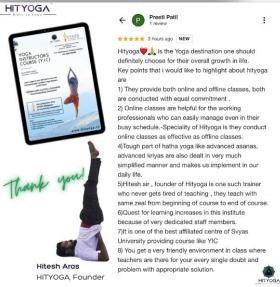


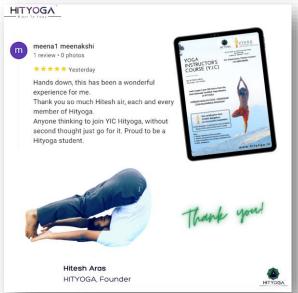


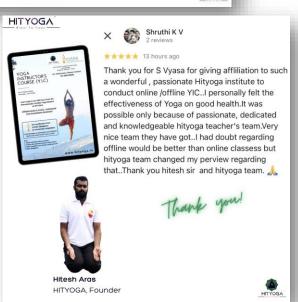


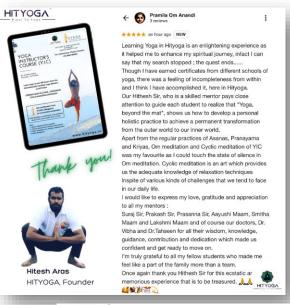
HITYOGA YIC Testimonials









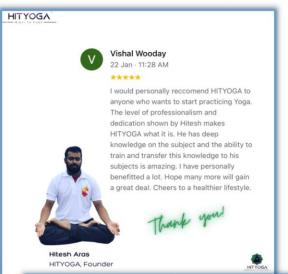


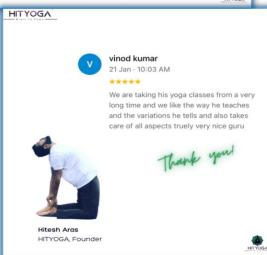


HITYOGA Testimonials





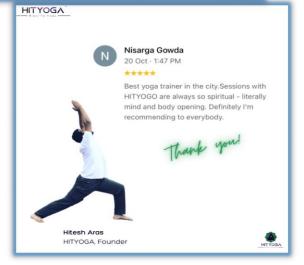








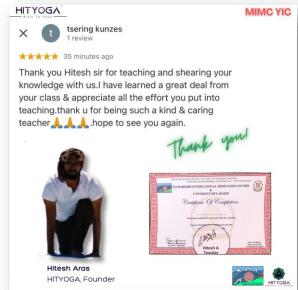




HITYOGA YIC Testimonials









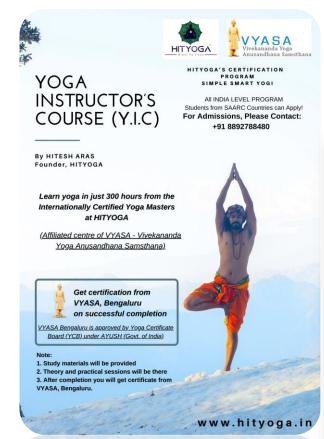






Relaxation in Action & Action in Relaxation.

HITYOGA YIC Posters



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VYASA, Bengaluru

- 3. After completion you will get certificate fro
- 2. Theory and martical sensition y
- T. Strongs measurable in

YOGA INSTRUCTOR'S COURSE (Y.I.C)



Learn yoga in just 300 hours from the Internationally Certified Yoga Masters at HITYOGA

(Affiliated centre of VYASA - Vivekananda Yoga Anusandhana Samsthana)

HITYOGA'S CERTIFICATION PROGRAM
SIMPLE SMART YOGI

All INDIA LEVEL PROGRAM
Students from SAARC Countries can Apply!



Get certification from VYASA, Bengaluru on successful completion

VYASA Bengaluru is approved by Yoga Certificate
Board (YCB) under AYUSH (Govt. of India)

Note:

1. Study materials will be provided

2. Theory and practical sessions will be there 3. After completion you will get certificate from VYASA, Bengaluru.

For Admissions, Please Contact: www.hityoga.in +91 8892788480









YOGA INSTRUCTOR'S COURSE (Y.I.C)

By HITESH ARAS Founder, HITYOGA



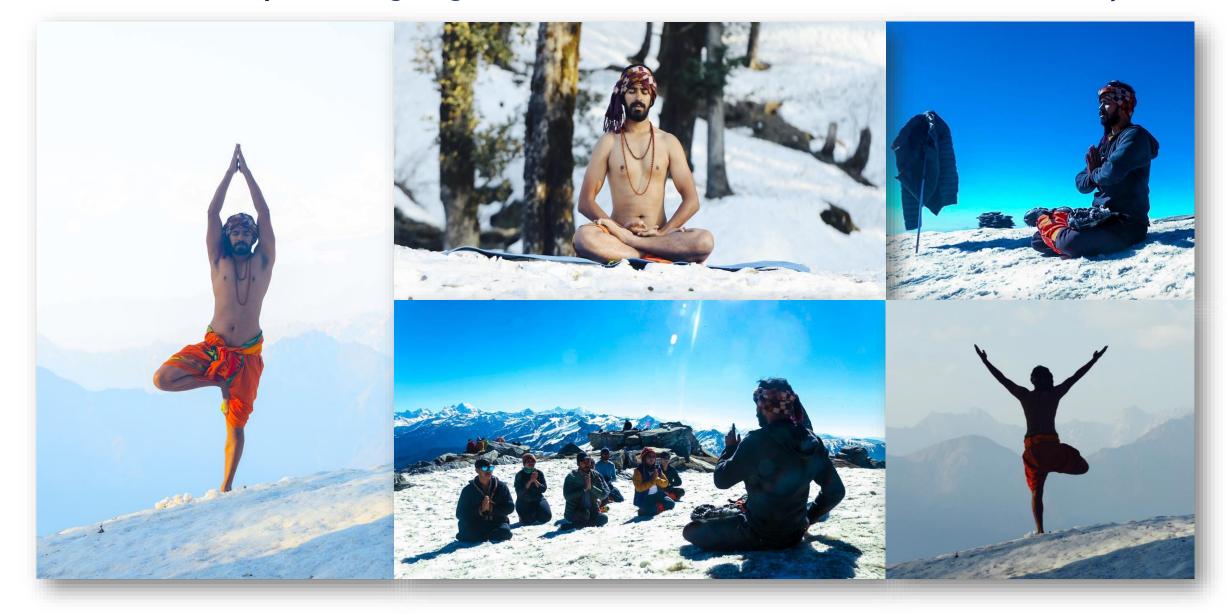
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Wherever the Awareness goes, The Energy flows.

Shri Hitesh Aras practicing Yoga at Kedharkantha Peak, Uttarakhand - Himalayas



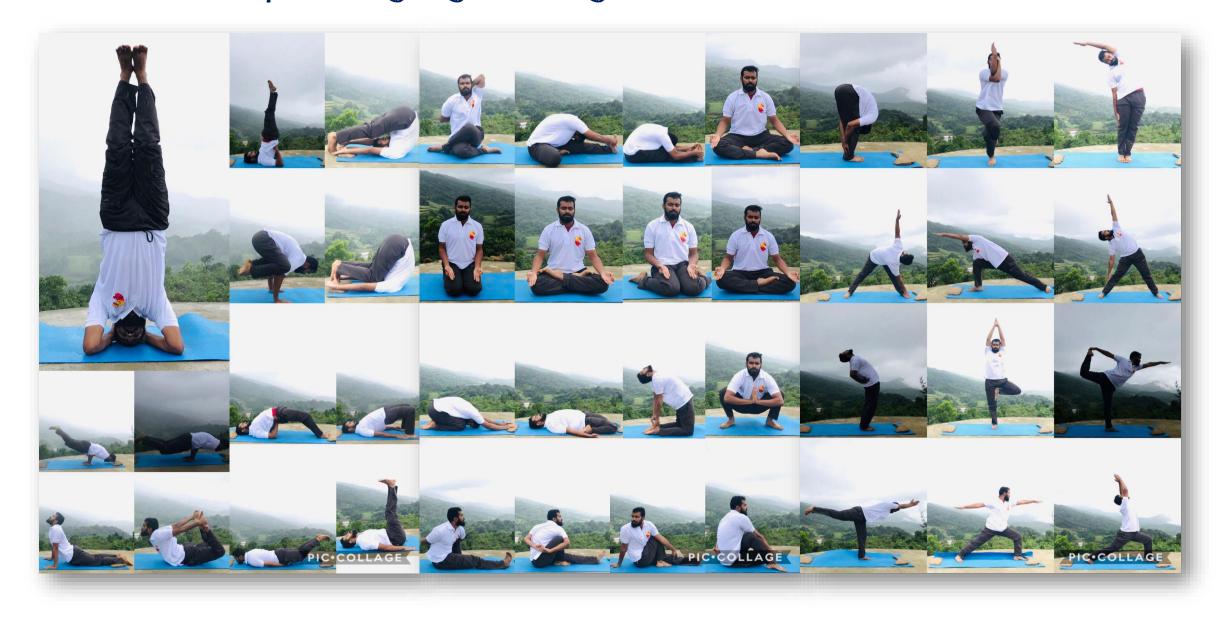
Shri Hitesh Aras practicing Yoga at Pangong Lake, Ladakh - Himalayas



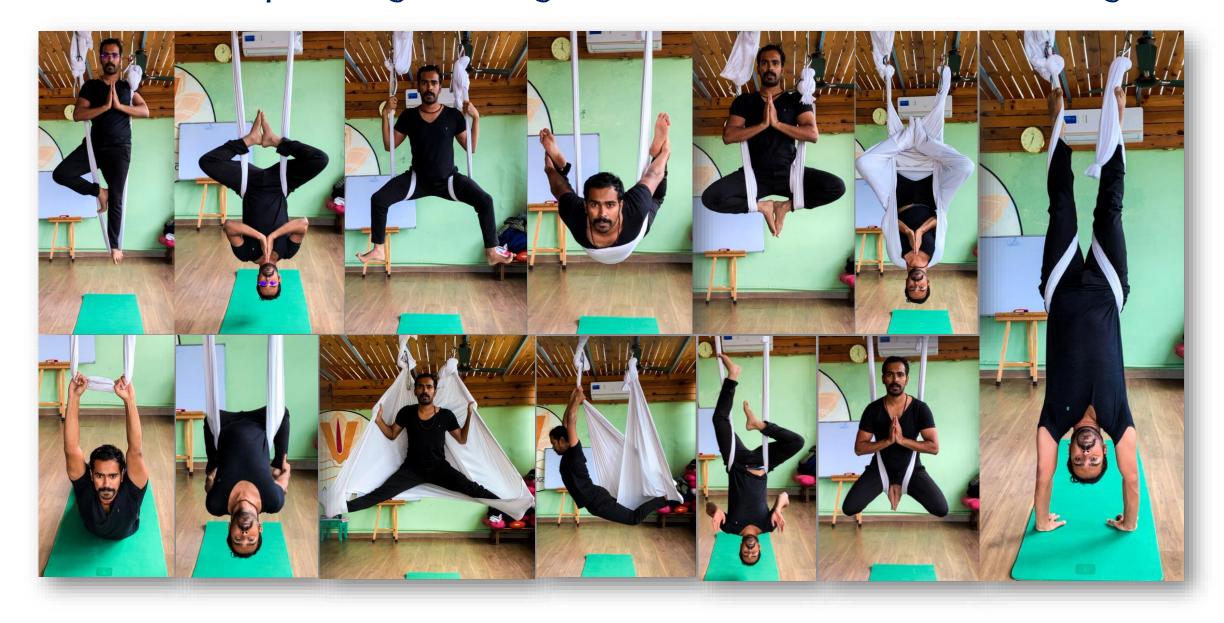
Shri Hitesh Aras practicing Yoga at Jammu & Kashmir - Himalayas



Shri Hitesh Aras practicing Yoga at Coorg, Karnataka



Shri Hitesh Aras practicing Aerial Yoga at Rishikesh, on the banks of river Ganga



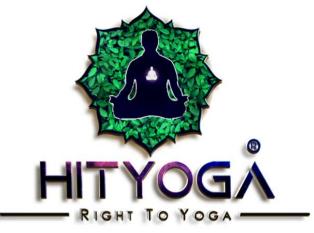
Shri Hitesh Aras practicing Yoga on the banks of river INDUS - Himalayas









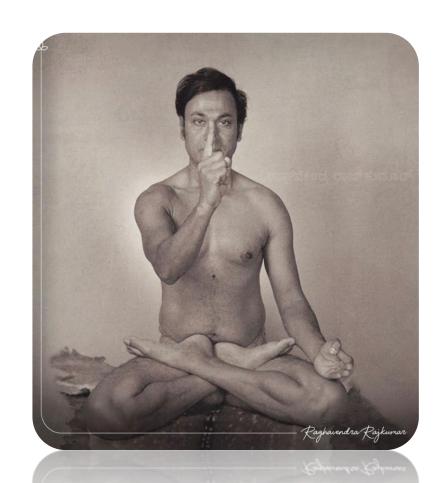






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Inspiration



" Yoga has changed the outlook of my life.

One must be fortunate enough to learn yoga

and enjoy its benefits"

- Dr. Rajkumar

