

BUSY LIFE CHALLENGES  
YOUR HEALTH  
&  
TIME BECOMES YOUR  
BIGGEST CONSTRAINT !!

**active** series  
by A'YOGI Life

25 minute - Online & Live  
Yoga workouts

Launching

**2.01.23**

SCAN TO CHAT



+91 9148526488

www.ayogi.life

**25** minute  
Yoga workouts

**NOT RECORDED VIDEOS**  
**ONLINE, LIVE & INSTRUCTOR GUIDED WORKOUTS**

## **active** Wellness

- PERFECT DAILY WORKOUT TO **MAINTAIN HEALTH & FITNESS**
- MONTHLY 1 -1 TELEPHONIC FEEDBACK SESSION WITH THE TRAINER

## **active** Weightloss

- **HEALTHIEST WAY TO LOSE WEIGHT** GRADUALLY WITH DAILY WORKOUTS
- **MONTHLY DIET CONSULTATION** WITH AN EXPERT DIETICIAN
- 1 -1 TELEPHONIC FEEDBACK SESSION WITH THE TRAINER

## **active** Women's Health

- GREAT DAILY WORKOUT FOR WOMEN DEALING WITH **PCOS & OTHER GYNAEC DISORDERS**
- **MONTHLY THERAPEUTIC DIET & LIFESTYLE CONSULTATION** WITH A DOCTOR
- 1 -1 TELEPHONIC FEEDBACK SESSION WITH THE TRAINER

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ATTEND ANY SLOT ON ANY DAY

**MAX** FLEXIBILITY **MAX** CONVENIENCE

**24** DAYS IN A MONTH

X

**8** SESSIONS IN A DAY

ATTEND ANY **20** SESSIONS IN A MONTH

IN EVERY  
SESSION

**3** MINUTES WARM UP

AT LEAST **7** ASANAS

PRANAYAMA OR  
MEDITATION **5** MINUTES

RELAXATION **3** MINUTES

EACH SESSION **25** MINUTES

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## WHAT'S IN IT FOR YOU ?

- ▼ STAY ACTIVE THROUGHOUT THE DAY
- ▼ IMPROVE YOUR DIGESTION & METABOLISM
- ▼ ACHIEVE HORMONAL & CHEMICAL BALANCE
- ▼ KEEP YOUR WEIGHT UNDER CONTROL
- ▼ GAIN BACK YOUR FLEXIBILITY

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## WHY CHOOSE A'YOGI LIFE ?

- ▼ NOT JUST ANY CERTIFIED TRAINERS BUT HIGHLY QUALIFIED AND EXPERIENCED COACHES
- ▼ PROGRAMS CURATED BY EXPERTS IN YOGA AND MEDICINE WITH 20+ YEARS EXPERIENCE
- ▼ 20+ ROUTINES WITH THE BEST MIX OF ASANAS, PRANAYAMA & MEDITATION

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## IT'S ONLINE



TIME SAVED IN TRAVELLING  
TO YOUR YOGA STUDIO



MONEY SAVED ON YOUR  
FUEL EXPENSES



ATTEND FROM THE  
COMFORT OF YOUR HOME



AVOID UNNECESSARY  
EXPOSURE TO INFECTIONS

## AND WITH A'YOGI LIFE, IT'S BETTER



### THE 2 SCREEN METHOD

ONE SCREEN IS ALWAYS BESIDE THE INSTRUCTOR FOR EASY  
MONITORING OF ALL THE PARTICIPANTS



### LIVE GUIDANCE

NOT SURE WHETHER YOU ARE DOING YOUR POSE CORRECT? DON'T  
WORRY, OUR INSTRUCTOR WILL PROMPTLY GUIDE YOU IF THERE  
SOMETHING WRONG WITH YOUR POSTURE



### 1-1 FEEDBACK SESSIONS

TIME TO ASSESS YOUR PROGRESS AND WHAT YOU NEED TO FOCUS  
GOING FORWARD. YOU CAN SCHEDULE A MONTHLY MUTUAL  
FEEDBACK SESSION WITH THE INSTRUCTOR



**SUBSCRIBE BEFORE 31st DEC'22 TO GET  
50% OFF ON ANY SUBSCRIPTION**

**1  
MONTH**

**3  
MONTH**

**6  
MONTH**

**active<sup>+</sup>** Wellness

6 AM 6:30 AM  
7 AM 7:30 AM  
6 PM 6:30 PM  
7 PM 7:30 PM

~~1999~~  
**999**  
20 SESSIONS  
1 TELEPHONIC  
FEEDBACK  
**₹50/SESSION**

~~4999~~  
**2499**  
60 SESSIONS  
3 TELEPHONIC  
FEEDBACK  
**₹42/SESSION**

~~8999~~  
**4499**  
120 SESSIONS  
6 TELEPHONIC  
FEEDBACK  
**₹37/SESSION**

**active<sup>+</sup>** Weightloss

6 AM 6:30 AM  
7 AM 7:30 AM  
6 PM 6:30 PM  
7 PM 7:30 PM

~~2999~~  
**1499**  
20 SESSIONS  
1 TELEPHONIC  
FEEDBACK  
1 DIET  
CONSULTATION  
**₹75/SESSION**

~~7499~~  
**3749**  
60 SESSIONS  
3 TELEPHONIC  
FEEDBACK  
3 DIET  
CONSULTATION  
**₹62/SESSION**

~~13499~~  
**6749**  
120 SESSIONS  
6 TELEPHONIC  
FEEDBACK  
6 DIET  
CONSULTATION  
**₹56/SESSION**

**active<sup>+</sup>** Women's  
Health

6 AM 6:30 AM  
7 AM 7:30 AM  
6 PM 6:30 PM  
7 PM 7:30 PM

~~2999~~  
**1499**  
20 SESSIONS  
1 TELEPHONIC  
FEEDBACK  
1 THERAPEUTIC  
DIET &  
LIFESTYLE  
CONSULTATION  
**₹75/SESSION**

~~7499~~  
**3749**  
60 SESSIONS  
3 TELEPHONIC  
FEEDBACK  
3 THERAPEUTIC  
DIET &  
LIFESTYLE  
CONSULTATION  
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LIFESTYLE  
CONSULTATION  
**₹56/SESSION**

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# 500+ HAPPY PARTICIPANTS FROM OUR PROGRAMS & WORKSHOPS & COUNTING



"Yoga sessions at the luxury of my home are the perfect way to start my mornings!"  
-Amar G



"Lost 4 Kgs within 2 months of starting the weight loss program"  
-Chaital Shah



"We feel positive, flexible and energetic after the sessions. We enjoy Yoga as a couple."  
-Ragini & Mukesh Patel



"Lost 2 inches within a span of 3 months with the weight loss program"  
-Dr Shailly Singh



"With consistent practice, I was able to get back normal menstrual cycles and reduce my weight"  
-Dr Priya



"My period cycles have gone back to normal levels within 4 months of regular practice"  
-Sri Latha

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