

SCAN TO CHAT





25 minute Yoga workouts

NOT RECORDED VIDEOS

ONLINE, LIVE & INSTRUCTOR GUIDED WORKOUTS

active Wellness

PERFECT DAILY
WORKOUT TO MAINTAIN
HEALTH & FITNESS

active Weight-check

HEALTHIEST WAY TO KEEP WEIGHT
IN CHECK WITH DAILY WORKOUTS &
MONTHLY DIET CONSULTAION WITH
AN EXPERT DIETICIAN



GREAT DAILY WORKOUT FOR WOMEN DEALING WITH PCOS & OTHER GYNAEC DISORDERS WITH MONTHLY THERAPEUTIC DIET & LIFESTYLE CONSULTATION WITH A DOCTOR



ATTEND ANY SLOT ON ANY DAY

MAX FLEXIBILITY MAX CONVENIENCE

24 DAYS IN A MONTH

8 SESSIONS IN A DAY

ATTEND ANY 20 SESSIONS IN A MONTH

3 MINUTES WARM UP

AT LEAST ASANAS

PRANAYAMA OR 5 MINUTES

RELAXATION 3 MINUTES

EACH SESSION 25 MINUTES



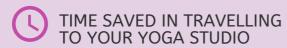
WHAT'S IN IT FOR YOU?

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

WHY CHOOSE A'YOGI LIFE?

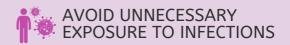
- Not just any certified trainers but highly qualified and experienced coaches
- Programs curated by experts in Yoga and Medicine with 20+ years experience
- 20+ routines with the best mix of Asanas, Pranayamas & meditation to keep your day active & healthly

IT'S ONLINE









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 instrcutor







active Wellness

6 AM 6:30 AM 7 AM 7:30 AM 6 PM 6:30 PM 7 PM 7:30 PM 25% OFF 1 MONTH

1999 1499

20 SESSIONS 1 TELEPHONIC FEEDBACK

₹75/SESSION

40% OFF

MONTH

5997 3599

60 SESSIONS

3 TELEPHONIC FEEDBACK

₹60/SESSION

50% OFF

6

MONTH

11994 5999

120 SESSIONS

6 TELEPHONIC FEEDBACK

₹50/SESSION

active Weight-check

6 AM 6:30 AM 7 AM 7:30 AM 6 PM 6:30 PM 7 PM 7:30 PM 29992249

20 SESSIONS 1 TELEPHONIC FEEDBACK

> 1 DIET DNSULTATION

₹112/SESSION

8997 5399

60 SESSIONS 3 TELEPHONIC FEEDBACK

3 DIET CONSULTATION

₹90/SESSION

17994 8999

120 SESSIONS

6 TELEPHONIC FEEDBACK

6 DIET CONSULTATION

₹75/SESSION

active Women's

6 AM 6:30 AM 7 AM 7:30 AM 6 PM 6:30 PM 7 PM 7:30 PM 2999 2249

20 SESSIONS

1 TELEPHONIC FEEDBACK

1 THERAPEUTIC DIET & LIFESTYLE CONSULTATION

₹112/SESSION

8997 5399

60 SESSIONS

3 TELEPHONIC FEEDBACK

3 THERAPEUTIC DIET & LIFESTYLE CONSULTATION

₹90/SESSION

17994 8999

120 SESSIONS

6 TELEPHONIC FEEDBACK

6 THERAPEUTIC DIET & LIFESTYLE

₹75/SESSION

www.ayogi.life



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



active series by A'YOGI Life

25 minute - Online & Live Yoga workouts

Visit www.ayogi.life to know more

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+91 9148526488