



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

active series
by A'YOGI Life

25 minute - Online &
Live Yoga workouts

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

active Weight-check

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

active Women's
Health

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

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



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 & healthy

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

		25% OFF	40% OFF	50% OFF
		1 MONTH	3 MONTH	6 MONTH
active Wellness		1999	5997	11994
		1499	3599	5999
	6 AM 6:30 AM	20 SESSIONS	60 SESSIONS	120 SESSIONS
	7 AM 7:30 AM	1 TELEPHONIC FEEDBACK	3 TELEPHONIC FEEDBACK	6 TELEPHONIC FEEDBACK
	6 PM 6:30 PM 7 PM 7:30 PM	₹75/SESSION	₹60/SESSION	₹50/SESSION
active Weight-check		2999	8997	17994
		2249	5399	8999
	6 AM 6:30 AM	20 SESSIONS	60 SESSIONS	120 SESSIONS
	7 AM 7:30 AM	1 TELEPHONIC FEEDBACK	3 TELEPHONIC FEEDBACK	6 TELEPHONIC FEEDBACK
	6 PM 6:30 PM 7 PM 7:30 PM	1 DIET CONSULTATION ₹112/SESSION	3 DIET CONSULTATION ₹90/SESSION	6 DIET CONSULTATION ₹75/SESSION
active Women's Health		2999	8997	17994
		2249	5399	8999
	6 AM 6:30 AM	20 SESSIONS	60 SESSIONS	120 SESSIONS
	7 AM 7:30 AM	1 TELEPHONIC FEEDBACK	3 TELEPHONIC FEEDBACK	6 TELEPHONIC FEEDBACK
	6 PM 6:30 PM 7 PM 7:30 PM	1 THERAPEUTIC DIET & LIFESTYLE CONSULTATION ₹112/SESSION	3 THERAPEUTIC DIET & LIFESTYLE CONSULTATION ₹90/SESSION	6 THERAPEUTIC DIET & LIFESTYLE CONSULTATION ₹75/SESSION

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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