

Beginners



UPA YOGA

Learn a simple set of 10 practices that activates the joints, muscles and energy system



1 hr/session



Low Intensity

Energise



SURYA KRIYA

Learn a potent 21 step yogic practice of tremendous antiquity for health, wellness and complete inner wellbeing.



1.5 hrs/session



Moderate Intensity

Customise



SURYA SHAKTI

We also offer customised private classes for specific health conditions such as diabetes, obesity, anxiety, hormonal imbalance and more. Please contact us for further information.

Learn Foundation Practices for Life and Experience the Benefits Yourself



LASTAM HATHA YOGA

Align + Breathe + Transform

PRIVATE / GROUP
CLASSES

PRICING IS
STANDARD FOR
PRIVATE / GROUP

3 - 7 DAY
IMMERSIVE
PROGRAMS

SPANDANA

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Classical Hatha Yoga

SADHGURU GURUKULAM

CERTIFIED TEACHER

***90 day Mandala Support is provided at additional cost**

Workout



ANGAMARDANA

Learn a series of dynamic processes to invigorate the body and reach peak physical fitness



1 hr/session



High Intensity

Align



YOGASANAS

Learn powerful postures (Yogasanas) to enable the system to sustain higher dimensions of energy



2 hrs/session



Moderate Intensity

Cleanse



BHUTA SHUDDHI

Learn a process to cleanse the 5 elements within the human system.



1.5 hr/session



Low Intensity



UPA YOGA

Upa-yoga is a simple yet powerful set of 10 practices that activate the joints, muscles and energy system, bringing ease to the whole system.

Benefits:

- Relieves physical stress and tiredness
- Strengthens the joints and muscles
- Rejuvenates the body after periods of inactivity
- Negates the effects of jetlag and long travel

Who can learn?

Anyone who is 7 yrs and above

Prior Yoga experience needed?

No

Benefits:

- Develops mental clarity and focus
- Remedies weak constitutions
- Boosts vigor and vitality
- Balances the body, mind and energies
- Rejuvenates all the major organ systems including balancing hormonal levels
- Supports one to become meditative and experience peacefulness and joy

Who can learn?

Anyone who is 14 yrs and above

Prior Yoga experience needed?

No

SURYA KRIYA

Learn a potent 21 step yogic practice of tremendous activity for health, wellness and complete inner wellbeing.





ANGAMARDANA

Angamardana is a series of 31 processes to invigorate the body, and reach peak physical fitness and mental health.

Benefits:

- Strengthens the spine, skeletal and muscular systems.
- Builds physical strength, fitness and tenacity
- Invigorates the body, bringing a sense of lightness and freedom in the body
- Revitalizes the body including the muscles, blood circulation, skeletal and nervous systems
- Helps in weight-loss

Who can learn?

Anyone who is 8 yrs and above

Prior Yoga experience needed?

No

Benefits:

- Relief of chronic health conditions
- Evolution of body and mind towards a higher possibility
- Stabilization of the body, mind and energy system
- Deceleration of the aging process

Who can learn?

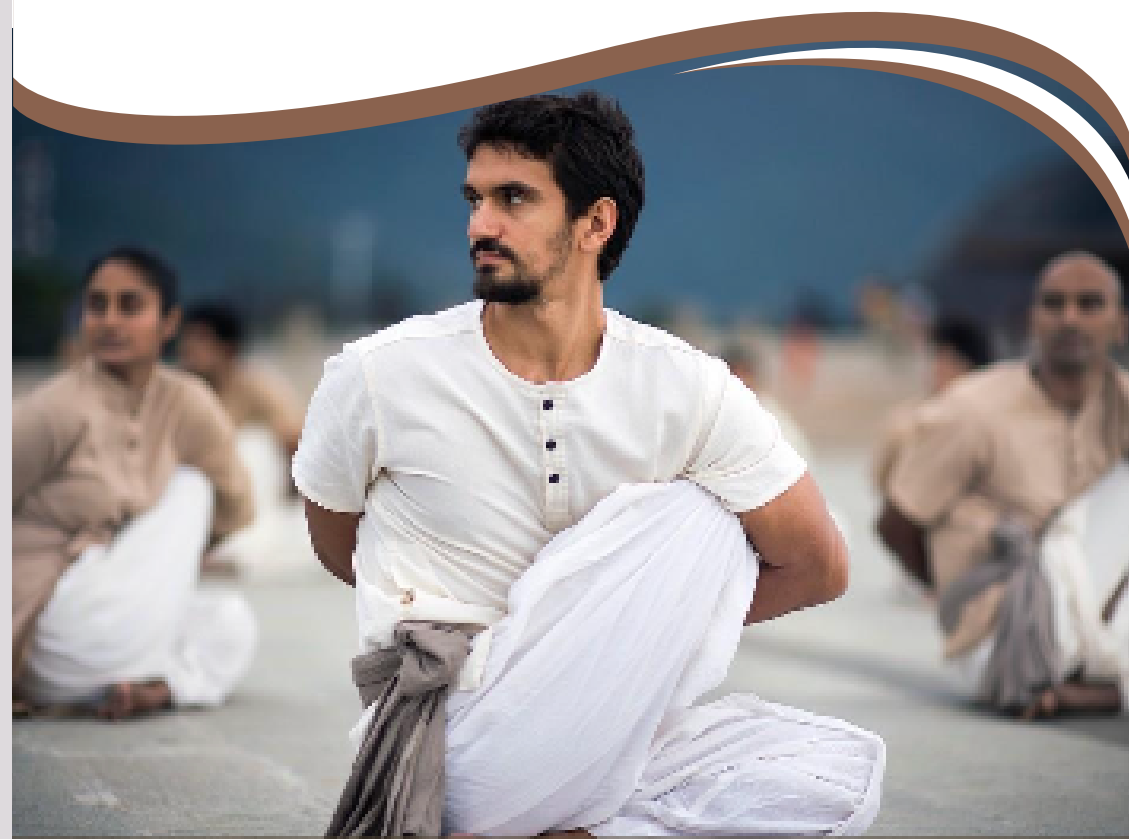
Anyone who is 14 yrs and above

Prior Yoga experience needed?

No

YOGASANAS

Yogasanas are a set of powerful postures through which one can elevate one's consciousness and manipulate energies.





BHUTA SHUDDHI

Bhuta Shuddhi means “purification of the elements,” and is a process of purifying the 5 elements within the human system.

Benefits:

- Keeps the system in harmony and balance
- Prepares the system to handle powerful states of energy
- Enhances the capabilities of the physical body, mind and energy system
- Creates the basis to gain complete mastery over the human system

Who can learn?

Anyone who is 14 yrs and above

Prior Yoga experience needed?

No

Please Note

Treatment Programs are not meant to replace medical treatment or serve as a cure, but rather to complement your healing journey by strengthening the system on physical, mental, and energy levels.

These sessions can support individuals managing conditions such as:

- Obesity
- Sinusitis
- Hormonal Imbalances
- Gastrointestinal issues
- Cardiac diseases
- Mental imbalances (depression, mood disorders, psychosis)
- and more...

 Inquire to know more about how these practices can support your unique health journey.

CUSTOM PROGRAM

We also offer customised private classes for specific health conditions such as diabetes, obesity, anxiety, hormonal imbalance and more. Please contact us for further information.

