



Visista

International Yoga

Transform your Body Mind & Life Today

DAY/DAY	TIME (ONLINE)	TOPIC	TEACHER'S NAME
MONDAY 11/11/2024	MORNING BATCH: 6:00 – 7:00 AM EVENING BATCH: 7:30 - 8:30 PM	POWER YOGA	Ashwani Tyagi (International Trainer Expert in Yoga Therapeutic acupressure & Sujak + Magnet)
TUESDAY 12/11/2024	MORNING BATCH: 6:00 – 7:00 AM EVENING BATCH: 7:30 - 8:30 PM	FLEXIBILITY(Standing Squad Stretch, Hamstring Stretch, Standing Calf Stretch, Side Lunges, Cat Cow)	Ms. Shivani Singh (NIS Coach & Yoga Expert)
WEDNESDAY 13/11/2024	MORNING BATCH: 6:00 – 7:00 AM EVENING BATCH: 7:30 - 8:30 PM	POWER YOGA CORE Bird Dog Exercise, Crunch, Deadbug, Plank Plnk Form, Mountain Climbers	Ashwani Tyagi (International Trainer Expert in Yoga Therapeutic acupressure & Sujak + Magnet)
THURSDAY 14/11/2024	MORNING BATCH: 6:00 – 7:00 AM EVENING BATCH: 7:30 - 8:30 PM	FLEXIBILITY (90 -90 Stretch, Uttanasana, Kapotasana, Seated Spinal Twist, Figure four Stretch, split squat, Butterfly	. Shivani Singh (NIS Coach & Yoga Expert)
FRIDAY 15/11/2024	MORNING BATCH: 6:00 – 7:00 AM EVENING BATCH: 7:30 - 8:30 PM	FLEXIBILITY(Standing Squad Stretch, Hamstring Stretch, Standing Calf Stretch, Side Lunges, Cat Cow)	Ms. Shivani Singh (NIS Coach & Yoga Expert)
SATURDAY 16/11/2024	MORNING: 6:00 – 7:00 AM EVENING BATCH: 7:30 - 8:30 PM	POWER YOGA CORE Bird Dog Exercise, Crunch, Deadbug, Plank Plnk Form, Mountain Climbers	Ashwani Tyagi (International Trainer Expert in Yoga Therapeutic acupressure & Sujak + Magnet)



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Batch Timing:

Morning Batch: 6:30 am – 7:30 am

(Outdoor Yoga: Hatha Yoga)

7:30 am – 8:30 am

(Online Class: Level – 1 Power Yoga)

Age Group: 20yrs – 45yrs

<https://us05web.zoom.us/j/87651222757?pwd=k7IXZGhX1DxEsJHTav6frX3zu9cQCM.1>

Meeting ID: 876 5122 2757

Passcode: 657365

Evening Batch: 4:30 pm – 5:30 pm

6:00pm – 7:00 pm in small group

Venue: J1-007 Logix Blossom County

(Only for Kids Age group 5-15years students will be prepare for competition level)

Personal Class Also Available Mor. 6:00 am – 1:00 pm, Eve. 4:00 pm – 8:30 pm



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Visistainternationalyoga

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Stop Thinking & Try Live Yoga, Workout For Free To Experience Premium Fitness Sessions. Book Your Trial Yoga Sessions, Specially Curated To Help Achieve Your Goal at NOW.

