

YOGA THERAPY

Yoga therapy is an evolving field that focuses on using evidence-based yogic practices in the treatment of specific health conditions like Diabetes, Asthama, Hypertention, Sciatica, Pregnancy, Arthritis etc.



The classes are customized as per the ailment and conducted only in private sessions



SEE THE ENTIRE UNIVERSE WITHIN YOU

CONTACT US



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**HOLISTIC
HEALING
WITH
OORJAYII
YOGA**



**ONLINE LIVE
SESSION
OR
RESIDENTIAL**

- *Only our Experienced Yoga Therapists will be taking the classes*

WHAT YOU CAN EXPECT

Counselling

Yoga Therapy as per the diagnosis or disease may include :

- Diet Modification
- Lifestyle Modification
- Specific Yoga Asanas
- Specific Pranayamas, Mudras & Bandhas
- Cleansing Techniques like Nasal cleaning, Intestine Cleaning, Lung Cleaning, etc depending on ailments.
- Mixed style classes.
- Growth planner - It is a complete progress chart customized and designed as per the medical reports and other biometrics



MIXED STYLE CLASSES

- Asana Practice/ Exercises
- Ayurveda
- Naturopathy
- Cleansing Practices
- Pranayama & Meditation
- Psycho Neurobics
- Other natural healing modalities

LIVE SESSIONS/ RESIDENTIAL SESSIONS

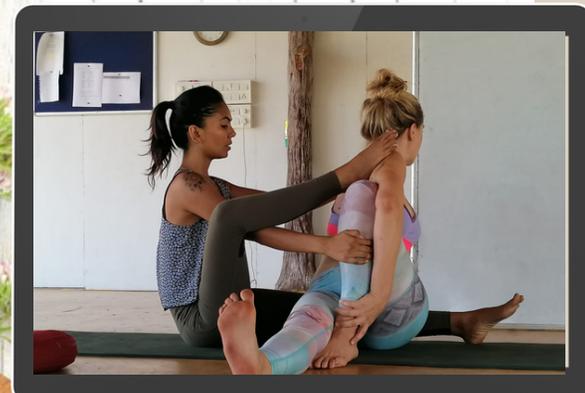
CLASS SCHEDULE

Depending on the availability of the participant and type of the disease

Contact
for
Current
Offers

Online Counseling - 20 €
60 - 90 minutes of Yoga
Therapy starting at 20 € per
class

Plases note: Residential
session charges are 5 €
additional



THE CLASS

The classes are customized and given as per the level of the participants.

- 1 Classes as per participant's level
- 2 Step by step guidance and timely check on the health.
- 3 Monitoring progress. (Minimum 15 lessons a month is required for the progress)