



NAVA GRAHA YOGA:

Nine powerful and unique yoga vinyasas (sequences) especially designed for balancing each Planetary energies.

Nava (nine) Graha (Planets) Yoga (union)

“Nava Graha Yoga features nine unique yoga vinyasas designed to balance the energies of each planet. These cosmic energies, which influence our lives, are connected to the body's chakras, and through yoga, we can harmonize these energies. This innovative

series of yoga sequences , created by (Yogi) Siddharth Banerjee, unites the combined practices of Yoga and Astrology to promote holistic well-being.”

Dear Yogis!!

Yoga balances our bodily energies by aligning the chakras. Do you know that these chakra energies are directly governed by the planetary energies?

Well, the science of ATROLOGY which deals with the planetary /cosmic energies influencing each and every aspect of our life.

These cosmic energies affect our life through the energy centers in our bodies called “chakras”

Parallelly, Yoga works on these chakras.

Keeping this connection in mind – we bring to you NAVAGRAHA YOGA – Nine powerful, unique and innovative Yoga Vinyasa series designed by Yogi (Siddharth Banerjee) to balance the energies of each of the nine planets.

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