



CLASSICAL HATHA YOGA:

Classical Hatha Yoga is a traditional form of yoga that emphasizes the practice of asanas (physical postures) and pranayama (breathing exercises) to prepare the body and mind for deeper spiritual practices.

Key Aspects:

1. Asanas (Physical Postures):

- **Purpose:** Improve flexibility, strength, and balance.

2. Pranayama (Breathing Exercises):

- **Purpose:** Enhance respiratory function, increase energy levels, and calm the mind.

3. Preparation for Deeper Practices:

- Classical Hatha Yoga prepares practitioners for deeper spiritual practices like meditation and Samadhi (state of meditative consciousness).
- Emphasizes the union of body, mind, and spirit.

4. Balancing Energy:

- Focuses on balancing the body's energy channels (nadis) and chakras (energy centers).
- Promotes overall health and well-being.

Benefits:

- **Physical Health:** Improved flexibility, strength, and overall physical fitness.
- **Mental Clarity:** Enhanced focus, concentration, and mental clarity.
- **Emotional Balance:** Reduced stress and anxiety, improved emotional well-being.
- **Spiritual Growth:** Deepened connection with one's inner self and spiritual growth.

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