

BE A YOGI

"Yoga: A Path to Serenity and Strength"

In our beautiful studio, learn from our workshops, restore your body and soul with our classes, and feel better about yourself.



BE A YOGI

Hello! Welcome to our blog about yoga. As a yogi, we believe in the holistic benefits of practicing yoga, not just for the physical body but also for the mind and soul. In our blog, we will explore various aspects of yoga such as: We hope that our blog inspires you to start or deepen ... Continue reading



BE A YOGI

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Be A Yogi Blog Introduction



TYPES OF YOGA

ARDHA CHAKRASANA (HALF WHEEL POSTURE) This posture resembles half wheel in final position, so it's called Ardha Chakrasana or half wheel posture. TADASANA (PALM TREE POSE) In Sanskrit 'Tada' means palm tree. In the final position of this posture, the body is steady like a Palm tree, so this posture called as 'Tadasana'. TRIKONASANA (TRIANGLE POSTURE) The ... Continue reading



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Blog on Types of Yoga

OFFERED COURSES

Discovery Pass (Best Value)

₹500

3 weeks validity

Complete Beginners Course

₹750

4-week course

Barre Intensity Course

₹900

4-week course



YOGA

CLASSES



MON - SAT
5AM - 8AM

course


01. beginner course

02. moderate level

03. master level

JOIN NOW

 9042020557

 bayogi2023@gmail.com

 <https://bayogi2023.wordpress.com/>



ABOUT US

About

Welcome to "Be a Yogi"! At "Be a Yogi," we believe that yoga is so much more than just a physical practice. It is a journey of self-discovery, connection, and transformation. Our mission is to inspire and guide individuals on their path to becoming a yogi – someone who not only practices yoga but embraces ... Continue reading



BE A YOGI

About Be A Yogi WordPress Blog



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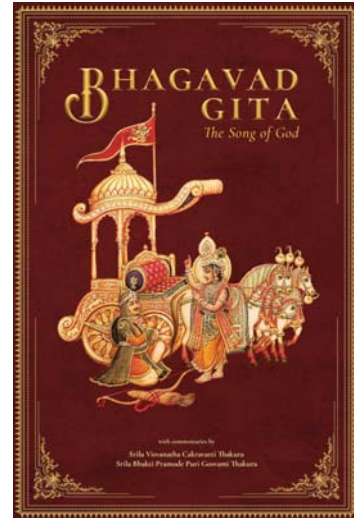


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INTERNATIONAL DAY OF YOGA: HISTORIC EVENT

"Yoga is a skill in action"

— The Bhagavad Gita



Bhagavad Gita – The Life of God

BE A YOGI

Founded in 2010 by Rangith R, Nagaraj T, Neerathilingam K and Roshan Ram B as a renowned yoga studio based in Rajapalayam.

Do you have questions about our yoga studio or the yoga classes we offer here?

bayogi2023@gmail.com

9042020557

North Venganallur, Rajapalayam.

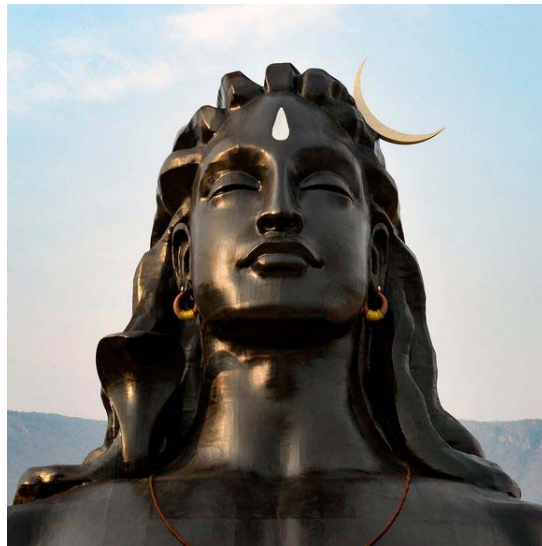
Monday	5:00 am – 10:00 am
Tuesday	5:00 am – 10:00 am
Wednesday	5:00 am – 10:00 am
Thursday	5:00 am – 10:00 am
Friday	5:00 am – 10:00 am
Saturday	5:00 am – 8:00 am

Sunday

Closed

“Adiyogi *Shiva* is the source of the science of *yoga*. *Yoga* is a way of addressing human wellbeing in a scientific manner.”

— Leo Wood



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