Yoga is the journey of the self, through the self, to the self." - The Bhagavad Gita

"The body is your temple. Keep it pure and clean for the soul to reside in." - B.K.S. Iyengar

Yoga is the union of mind, body and spirit that is not feeling but the state of being.

Through practice comes yoga, through yoga comes knowledge, through knowledge love, and through love bliss

Sometimes you might be physically healthy, but your mind needs just as much nutrition and care as you give your physical body. Yoga works wonders to truly align your body, mind, and spirit together.

My Story

Before I got into yoga, I struggled both mentally and physically. Without recognizing what my mind needed, I started going to the gym to enhance my physical health. Even though I received several compliments on my body, I realized I was not truly happy without understanding why. Through the recommendation of a friend, I started going to yoga classes and a month later, saw significance changes in the way I treated myself and the people around me. I was happier and noticed a significant shift in my eating habits. Incorporating yoga in my daily routine has truly improved my physical, emotional, spiritual, and mental health and I have made it my mission to spread this positive impact to others.

Core Benefits to Clients and What Qualifies me to Provide it.

With my deep passion for yoga and teaching, you will realize your true potential where you will connect with your mind and body. You will be able tap into your inner strength to cultivate a deep sense of self-awareness. You will go on a journey of self-discovery, well-being, and inner harmony, excelling and flourishing at the various aspects of your life.

I have a deep passion for teaching and yoga believe that I am my best self in a classroom filled with curious minds, where I help them connect with their mind and body. I love combining my love of teaching and passion for yoga by sharing my knowledge with similar curious souls to experience the same happiness and peace I did.

I have various certifications – RYT 500, diet and nutrition yoga, prenatal yoga, and therapeutic yoga – proving that I can provide and create holistic and transformative experiences for my clients. I believe that yoga is more than just a physical practice and my classes empower my students to unlock their potential and tap into a deep sense of self-awareness.

Case Study

One of my clients struggled to conceive a baby for a long time despite exhausting all possible options. Her body resisted all her efforts until her doctor suggested including yoga into her daily routine. After initial research, our paths crossed and I held her hands through the entire journey. She embraced yoga with full and unwavering faith and discipline and was astonished at the transformation her body underwent in just a few months, making her more receptive to fertility. Today, she is a happy and blessed mother of twins, thanks to the healing power of yoga.

Testimonials

“I am happy to have Rituji as our yoga teacher. I suffer from chronic spondylitis for the past 20 years. Recently, I got a very good physio therapist who helped me a lot to overcome shoulder and hand pain. He showed me the exercises to be done by me regularly to keep my shoulder pain under control. I showed him the exercises our Rituji taught and he was surprised and told that "these are the exercises taught in advanced physiotherapy course and added recently in the syllabus.” Each and every warm up activity like walking on heels, toes sideways, stretching are very important for balance of the body and its flexibility. So felt happy to be part of this group and it is important to utilise the classes wisely.”