SYSTEM STUDY

A system is defined as the organized relationship between any group of components which are linked or working together to achieve a common goal. Today, we live in a world of systems. Our world is a system of natural and man-made factors working together to sustain life. System analysis is defined as a process of identifying problems and organizing the facts and details of a system.

If we look at the history, we see that yoga originated from India. Yoga helps in keeping our mental and physical health intact. It helps us to connect to a nature. Furthermore, your body becomes more flexible after consistent Yoga practice and you also develop a great sense of self discipline and awareness. It also sharpens our mind and improve our intelligence.

**NATURAL SYSTEM**

@rishiyogaschool.com

In this system, the user who wish to join the academy has to everything manually. This site contains only the details of classes conducted and its corresponding course fee structure. The clients can enquire about the classes through whatsapp or directly contact them through phone calls. They don’t have a platform to take online classes or anything else.

**Address**

Rishi Yoga and Meditation Academy

Ramankulangara Nagar-166

Kavanad P.O Kollam

691003

Kerala, India

**Phone**

(0474)2795395

(91)9008663139

**SIMILAR SYSTEMS**

**@flexifyme.com**

It’s an Online Yoga platform that blends ancient wisdom of Yoga, meditation and ayurvedic nutrition and with modern science to create an all-inclusive health program tailored. It provides Yoga asanas, etc. They have a registration system for its users and have a pricing plan for almost all the courses. They also provide a one-week free session and after registration you have to subscribe the course. They only conduct live sessions and users can interact as well.

**Address**

Livespace Pvt Ltd-G-4,Tower 1, World Trade center,

Kharadi, Pune

India-411014

**Phone**

(91)7447440796

**@yogawithpriyawellness.com**

Priya Antony is an International Yoga Trainer, writer, clinical psychologist, A renowned veteran in Yoga. She is a well-known certified Yoga teacher in our area. Her site “YOGA WITH PRIYA” is an online trainer platform that provides you with 15 days online Yoga classes. There are variety of courses that you can join. In this system there are only recorded videos for the respective courses. There are no live sessions available. And if you want to access the courses you have to make payment.

**Address**

Asramam, Kollam, Kerala, 691001

**Phone**

8907351587