



Welcome To Indramala Yoga Sansthan

Certified by

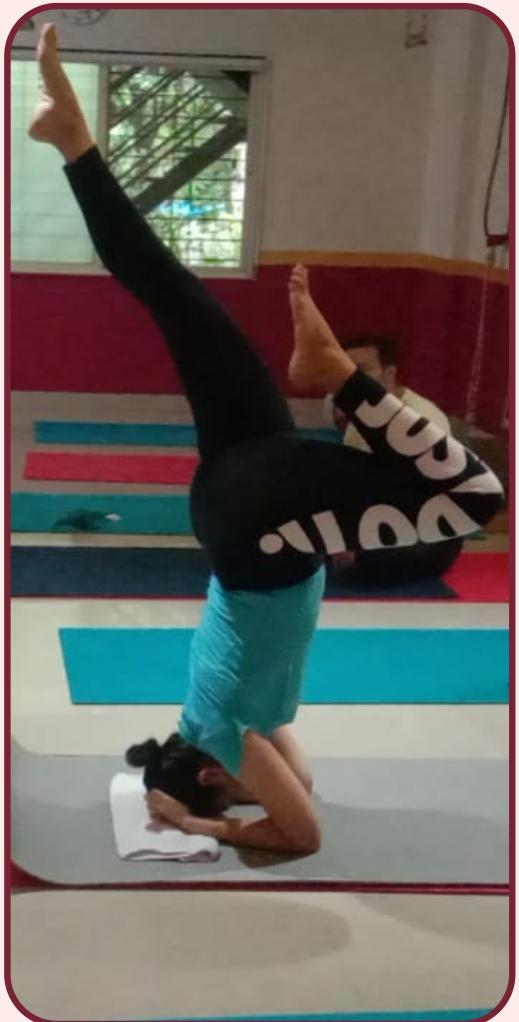


Ministry Of Ayush
Government Of India

About Us

Experience a yoga sanctuary like no other at Indramala Yoga Sansthan. Our studio isn't just a place to practice yoga; it's a sanctuary where you can escape the chaos of everyday life and reconnect with your body, mind, and spirit. Nestled in the heart of Pune, our serene space is designed to inspire and uplift, with natural light streaming in and a tranquil ambiance that immediately sets the stage for inner exploration and growth.

At Indramala Yoga, we believe that yoga is for everybody and every body. Whether you're a seasoned practitioner or a curious beginner, our diverse range of classes caters to all levels, ages, and abilities. From powerful vinyasa flows that build strength and endurance to gentle restorative practices that nurture and restore, our experienced instructors guide you through a journey of self-discovery and transformation.



Shivprakash Sharma

Head Coach | Founder - Indramala Yoga Sansthan



- M.A. in Yoga
- Diploma in Naturopathy & Yogic Science (H.V.P.M.)
- 12 Years of experience.
- Certified all YCB Levels. (I. II. III. IV. V. VI.)
- Pursuing PHD in Yoga.
- Trained 25,000+ student & counting.

Our Vision

At Indramala Yoga Sansthan, our vision is to create a world where individuals are empowered to cultivate holistic well-being, inner peace, and personal transformation through the practice of yoga. We envision a community where everyone has access to the tools and support they need to thrive physically, mentally, and spiritually.

Our Mission

Our mission at Indramala Yoga Sansthan is to provide a nurturing and inclusive space where individuals of all backgrounds and abilities can explore the transformative power of yoga.



Our Services

Hatha Yoga

Iyenger Yoga

Ashtanga Yoga

Power Yoga

Aerial Yoga

Vinyasa Flow

Stress Management

Meditation

Advance Yoga

Competitive Yoga

Weight Loss Yoga

Pregnancy Yoga

Yog Therapy

Kids Yoga

Teacher Training Program



Become A Government Certified Yoga Instructor With Indramala Yoga Sansthan

Trainer Stages are as follows

Level I : Protocol Instructor

Level II : Wellness Instructor

Level III : Teacher & Evaluator

Level IV : Yoga Master

Level V : Assistant Yog Therapist

Level VI : Yog Therapist

Courses also available

YCB 200 hour

YCB 300 hour

YCB 500 hour

Timing

9:00 am to 11:00 am | 12:00 pm to 2:00 pm | 4:00 pm to 6:00 pm

Our Gallery



Our Member's Experience...

Rahul S.



It's been more than 7 months with the Indramala Yoga Sansthan and had an exceptional experience. The instructor was incredibly knowledgeable and guided the class with expertise, catering to all skill levels. Highly recommend this class for anyone looking to enhance their yoga practice from basic to advanced level.

Rinku B.



Indramala Yoga @ Sb road is a gem! Shiv sir's advanced yoga classes are nothing short of amazing. His expertise shines through in every session, especially during Ariel yoga. What truly sets this place apart is Shiv sir's personal connection with every student. His guidance is exceptional, fostering an environment where you feel supported and motivated.

Tejas J.



Before writing about Indramala Yoga Sansthan, I would like to share that I have gone through the major spine surgery last year. I have joined Indramala Yoga Sansthan last month and it has been a great experience so far. They have designed a separate protocol for me to take care of my spine. I feel very relaxed now.

Harish P.



I used experience shoulder and neck pain due to my IT job and long hours of sitting. However ,after enrolling at the Indramala Yoga, all my pain disappeared, and I felt incredible. The experience and following Shiv Sir's guidance has been immediately helpful. I'm grateful to Shiv Sir for his support and guidance.

& 100+ more life transformations...

Our Students who successfully completed TTC



Let's Get Started ...

Batch Timings : Monday - Friday

Morning : 6:00am - 11.00 am | Evening : 4:00 pm - 9:00 pm

Mode : Online - Offline

Fees : Regular Batch starting from Rs.1999 / month

Still Have A Doubt ?

Get 2 free demo sessions & Free Consultation...

or

Join our on week Yoga For Wellness Program...

Full body workout in just 5 days



Monday
LowerBody



Tuesday
UpperBody



Wednesday
CoreYoga



Thursday
Flexibility



Friday
Stamina

How Yoga Transforms Body



Join us as we breathe, move, and connect in a space that honors the ancient tradition of yoga while embracing the modern world.

Discover the power of yoga to heal, transform,
and uplift your life with us.

Join Our Online - Offline Classes

Enroll Now!

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indramalayogasansthan@gmail.com



Address -

Indramala Yoga Sansthan, Shivaji Hou Soc., Near J.W. Marriot Hotel,
Senapati Bapat Road, Pune 411016

Location Link - <https://maps.app.goo.gl/1xMSgPFspKeE5qMY6>