FIT-Subbu

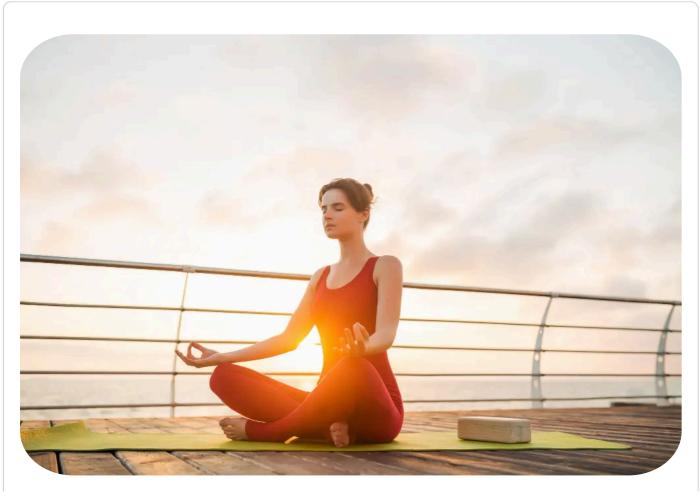
# Find Balance and Inner Peace with Yoga

# **Yoga Classes**



Hatha Yoga

Dynamic flow connecting movement and breath.



# Kundalini Yoga

Meditation techniques to quiet the mind



Yin Yoga

Slow-paced poses for deep tissue and mindfulness.

#### **Meet Your Mentors**



Ramdev Baba

Baba Ramdev's teachings is a deep connection to Hindu traditions and philosophy, a spiritual journey that unites the body, mind, and soul.



Brett Larkin is the founder of Uplifted Yoga.She has co-founded and sold two successful health & wellness businesses

# **Beginners Schedule**

Day	Morning (6-8)	Evening (4-6)
Monday	Vinyasa Flow	Yin Yoga
Tuesday	Power Yoga	Pilates
Wednesday	Cardio Burn	Hiit
Thursday	Vinyasa Flow	Mobility
Friday	Yin Yoga	Deep Stretch

## Choose Mentor, Plan & 5 programs

Select Your Mentor	
Select Mentor	
Choose Your Plan	
Select Plan	
Select 5 Yoga Programs(One for Each Day)	
Program 1	
Program 2	

--Program 3-
--Program 4-
--Program 5-User Email

Email

Submit Your Choices

#### **Contact Me**

Your age

Mobile number

Your Message

#### **Our Achievments**

347\*
Happy Students

Certified Mentors

Years Of Experience

Send

After submitting your choices, proceed to payment

yearly Monthly Daily

## Frequently asked questions

What should I bring to class?
Bring a yoga mat, water bottle, towel, and wear comfortable clothes.
Can I join as a beginner?
How many times a week should I practice yoga?

## What Our Students Say

"Flexible schedules and a peaceful environment. I highly recommend it to beginners and advanced alike."

— Swetha

"I joined Subbu's Yoga as a beginner, and the mentors made me feel so welcome. Every class leaves me feeling refreshed and stronger."

— Sneha

"This yoga center changed my life! The mentors are incredible and the sessions are very effective." — Ruhani Sharma

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