



Yoga meets cutting edge tech

At ZenVR Yoga Studio, we invite you to embark on a journey of self-discovery and inner peace. Step into a world where ancient yoga traditions meet cutting-edge technology, offering you an unparalleled experience of tranquility and mindfulness.

## Experience Virtual Reality Yoga

Immerse yourself in our virtual reality yoga classes, where the boundaries of physical space dissolve, and you're transported to serene environments that soothe the soul. With state-of-the-art VR technology, you can practice yoga in the midst of breathtaking landscapes, from lush forests to tranquil beaches, all from the comfort of our studio.

### Products

- VR headsets
- VR vision therapy suite
- VR anxiety reduction suite
- VR autism suite
- VR mental health support

### About us

- Products
- Blogs
- Affiliates
- Terms & Conditions

### Our Address

Lorem ipsum, Florence building, Ahmedabad, Gujarat 2342345

### Contact Us

E-mail: abc123@zenvr.com  
Phone: 989834096

# About ZenVR Yoga Studio

Welcome to ZenVR Yoga Studio, where we blend the ancient practice of yoga with the immersive experience of virtual reality. At ZenVR, we believe in harnessing the power of technology to deepen mindfulness, enhance relaxation, and cultivate inner peace.

## Our Vision

Our vision is to create a sanctuary where individuals can escape the stresses of daily life and connect with their inner selves. We strive to provide a unique and transformative experience that promotes physical, mental, and emotional well-being.

## Our Instructors



At ZenVR, we're proud to have a team of experienced and passionate instructors who are dedicated to guiding students on their yoga journey. Each instructor brings a unique blend of expertise, compassion, and mindfulness to their classes, creating a supportive and nurturing environment for all.

## Our Classes & Services

### Class Offerings

#### 1. Hatha Yoga

- Hatha yoga is a gentle and foundational practice that focuses on breath awareness and alignment. Suitable for all levels, this class incorporates a variety of traditional yoga poses to promote balance, flexibility, and relaxation.

#### 2. Vinyasa Flow

- Vinyasa flow is a dynamic and fluid style of yoga that synchronizes movement with breath. In this class, students will flow through a series of poses in a creative and flowing sequence, building strength, endurance, and mindfulness.

#### 3. Power Yoga

- Power yoga is an energizing and challenging practice that emphasizes strength, stamina, and flexibility. Designed to build heat and intensity, this class incorporates dynamic movements and holds to invigorate the body and calm the mind.

#### 4. Yin Yoga

- Yin yoga is a slow-paced and meditative practice that focuses on deep stretching and relaxation. In this class, students will hold passive poses for an extended period, targeting the connective tissues and promoting release and surrender.

#### 5. Restorative Yoga

- Restorative yoga is a gentle and restful practice that encourages deep relaxation and rejuvenation. Using props such as bolsters and blankets, students will be supported in passive poses to facilitate healing, stress relief, and renewal.

### Class Schedule

Check out our class schedule to find the perfect class for your needs and availability. We offer a variety of class times throughout the week to accommodate busy schedules and ensure accessibility for all.

# Class Schedule

## Monday:

- 9:00 AM - Hatha Yoga
- 12:00 PM - Vinyasa Flow
- 5:30 PM - Yin Yoga
- 7:00 PM - Restorative Yoga

## Tuesday:

- 8:30 AM - Power Yoga
- 12:00 PM - Hatha Yoga
- 5:30 PM - Vinyasa Flow
- 7:00 PM - Yin Yoga

## Wednesday:

- 9:00 AM - Vinyasa Flow
- 12:00 PM - Power Yoga
- 5:30 PM - Hatha Yoga
- 7:00 PM - Restorative Yoga

## Thursday:

- 8:30 AM - Yin Yoga
- 12:00 PM - Vinyasa Flow
- 5:30 PM - Power Yoga
- 7:00 PM - Hatha Yoga

## Friday:

- 9:00 AM - Restorative Yoga
- 12:00 PM - Yin Yoga
- 5:30 PM - Hatha Yoga
- 7:00 PM - Vinyasa Flow

## Saturday:

- 9:30 AM - Power Yoga
- 11:00 AM - Vinyasa Flow
- 1:00 PM - Hatha Yoga

## Sunday:

- 10:00 AM - Restorative Yoga
- 12:00 PM - Yin Yoga
- 4:00 PM - Vinyasa Flow

## Please Note:

- All classes are 60 minutes unless otherwise specified.
- Class schedule is subject to change. Please check our website or call ahead for the most up-to-date information.
- Virtual reality experience is available in select classes. Please inquire at the front desk for more details.

# SIGN IN PAGE

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Password :

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# SIGN UP PAGE

First Name :-

Last Name :-

Phone.No :-

Gender :-

Email :-

Password :-

Confirm Password :-

Sign up

Already Have An Account ?

Sign in

# Products Page

Explore our collection of carefully curated products designed to enhance your yoga journey and bring the serenity of ZenVR into your daily life.

## ZenVR Merchandise:

### 1. ZenVR Logo T-Shirt

- Unleash your inner yogi with our comfortable and stylish ZenVR logo T-shirt. Made from soft, breathable fabric, it's perfect for both your yoga practice and casual wear.

### 2. ZenVR Yoga Mat

- Elevate your practice with our high-quality ZenVR yoga mat. Featuring a non-slip surface and vibrant designs inspired by nature, this mat provides the perfect foundation for your virtual reality yoga sessions.

## Mindfulness Essentials:

### 1. Scented Meditation Candle

- Enhance your meditation and relaxation practices with our scented meditation candle. Infused with calming essential oils, it creates a tranquil atmosphere for moments of mindfulness.

### 2. ZenVR Aromatherapy Diffuser

- Immerse yourself in soothing scents with our ZenVR aromatherapy diffuser. Designed to complement your meditation space, it brings a sense of calmness and clarity to any room.

## Virtual Reality Accessories:

### 1. VR Headset Covers

- Personalize your virtual reality experience with our stylish VR headset covers. Available in various designs, these covers add a touch of flair while keeping your headset clean.

### 2. VR Yoga Mat Extension

- Extend the immersive experience to your physical space with our VR yoga mat extension. This mat seamlessly integrates with your virtual reality sessions, providing a dedicated space for movement.

# Contact Us

Have a question, feedback, or simply want to say hello? We'd love to hear from you! Get in touch with us using the contact information below, or fill out the form to send us a message directly.

## Our Address

Lorem ipsum, Florence  
building, Ahmedabad,  
Gujarat 2342345

## Phone Number:

Main: (555) 123-4567 Customer Service: (555) 987-6543

## Email:

General Inquiries: [info@zenvryogastudio.com](mailto:info@zenvryogastudio.com)  
Customer Support: [support@zenvryogastudio.com](mailto:support@zenvryogastudio.com)

## Operating hours:

Monday - Friday: 9:00 AM - 7:00 PM  
Saturday: 10:00 AM - 5:00 PM  
Sunday: Closed