

“WHEN YOU ARE STRESSED, TENSION IS STORED IN THE BODY MAKING
YOU FEEL TIGHT AND OFTEN CAUSING PAIN”

“YOGA REDUCE YOUR STRESS”



*There is not a single modern medicine or other
external agent available as a such which could relieve
all your physical and mental discomforts as safe and
in such a short period as yoga science*

Yoga and Ayurveda

Since Yoga and Ayurveda are the best science for rejuvenation and detoxification. There are lot of toxins in human body and to heal naturally we need to remove toxins. Yoga and Ayurveda is the best way to get rid of biochemical waste from our body.

Yoga Meditation

Throughout the year our Yoga Meditation Program is available at our Sanctuary. We offer the chance to immerse yourself fully in the yogic life style and to dive deep into the inner mind

AMODAGIRI YOGA SANCTUARY

We are a group of professionals committed to 100% traditional value of yoga, and to promote yoga science in the national and international levels through our Amodagiri Yoga Sanctuary Programs and Yoga TTC programs.

Amodagiri serves for those who wish to explore the ancient science of yoga in all its depth and dimensions offering a variety of programs that provide methods for anyone to attain physical, mental and spiritual wellbeing, it aims to enable people to deepen their experience of life and reach their ultimate potential.

CONTACT US

OUR OFFICE

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