# **Yoga services** Here's a detailed list of **Yoga services** with a brief **introduction** for each.

You can use these for your website, in your database, or on the frontend (like services.php or product details.php) to help users understand what each service offers.

### General Yoga Services

### 1. Hatha Yoga Session

A gentle introduction to the basics of yoga. Focuses on body alignment, breathing, and foundational postures to increase flexibility and strength.

#### 2. Vinyasa Flow Class

A dynamic class that links breath with movement through a series of flowing poses. Ideal for building stamina and improving coordination.

# 3. Ashtanga Yoga Training

A physically demanding style involving a set sequence of poses. Perfect for experienced yogis seeking strength, discipline, and detox.

#### 4. Gentle Yoga for Beginners

Slow-paced, supportive yoga sessions tailored for those new to yoga. Builds confidence, posture, and breathing control.

#### 5. Advanced Power Yoga

An energetic class designed for fitness lovers. Includes strength-building poses, balance challenges, and cardio-based flow.

# 6. Sunrise Yoga

Start your day with refreshing movements and breathing exercises. Rejuvenates the body and energizes the mind.

#### 7. Evening Relaxation Yoga

A calming session to wind down after a busy day. Combines light movement with breathing and guided relaxation.

#### 8. Full Body Stretch Yoga

Focuses on lengthening and loosening all major muscle groups. Great for improving posture and flexibility.

#### Specialty Yoga Services

#### 9. Prenatal Yoga

Designed for expecting mothers to ease pregnancy discomfort, improve posture, and promote relaxation and bonding.

#### 10. Postnatal Yoga

Supports new mothers in strengthening the core, relieving stress, and reconnecting with their bodies after childbirth.

#### 11. Kids Yoga Fun

Interactive, playful yoga for children with stories, songs, and games. Promotes focus, coordination, and creativity.

#### 12. Senior Yoga Therapy

Gentle yoga for seniors to improve mobility, joint health, and balance while reducing stiffness and pain.

#### 13. Couples Yoga

A bonding session for couples to practice trust, balance, and communication through partner poses and breathing.

#### 14. Chair Yoga for Office Workers

Desk-friendly yoga sequences that relieve back, neck, and shoulder tension. Ideal for busy professionals.

#### 15. Yoga for Back Pain Relief

A therapeutic sequence of poses designed to relieve lower back pain and improve posture safely.

### 16. Yoga for Weight Loss

A focused program combining fast-paced yoga, breathwork, and calorie-burning flows to support weight goals.

# Mindfulness & Healing

#### 17. Meditation & Pranayama Class

Deep breathing techniques and guided meditation to improve mental clarity, reduce anxiety, and enhance inner peace.

# 18. Chakra Healing Yoga

Align and activate your energy centers using yoga poses, sound vibrations, and breath to restore harmony.

# 19. Yin Yoga for Deep Tissue Release

Long-held passive stretches targeting connective tissues and fascia. Promotes joint health and emotional release.

#### 20. Restorative Yoga and Mindfulness

A deeply relaxing session using props for support. Helps in stress recovery, sleep improvement, and calmness.

# 21. Sound Bath and Yoga Nidra

Lie down and experience deep rest while surrounded by healing sounds and guided yogic sleep (Yoga Nidra).

# 22. Ayurvedic Yoga Detox Program

Combines yoga, diet, and breathwork to detoxify the body naturally and restore internal balance.

# Workshop & Event Services

#### 23. Weekend Yoga Retreat

A 2–3 day retreat filled with yoga, meditation, organic meals, and nature walks to reset your body and mind.

#### 24. Yoga + Nutrition Workshop

Explore how food and yoga go hand-in-hand. Includes cooking demos, healthy habits, and tailored yoga flows.

# 25. Full Moon Yoga Night

Special evening yoga under moonlight, celebrating lunar energy with flow, breath, and meditation.

# 26. Corporate Yoga for Employees

Boost employee wellness, productivity, and morale with weekly yoga classes at the workplace or online.

#### 27. Outdoor Yoga in the Park

A refreshing open-air yoga session held in the calm and beauty of nature. Suitable for all levels.

# 28. Virtual Zoom Yoga Classes

Join live classes from anywhere. Stay fit, flexible, and connected through expert-led online yoga.

Would you like me to insert these into your services database or format them into a view\_services.php or book\_service.php page as the next step?