

# About Yoga Shikshika Abhilasha

| Lifestyle Coach || Yoga-preneur |

She is the **Founder of Aaroghay “We Train Mind, To Heal Body & Soul”**

Her mission and vision is to aid people with the tools and learnings to “**live their best potential life**” through yoga and spirituality.

Yoga Shikshika Abhilasha, while maintaining yoga’s ancient tradition has pioneered a metamorphosis of yoga in order to stimulate the mind-set of a younger generation of yoga practitioners. She regularly takes live sessions on social media platforms like Facebook and Instrgram and also has a you tube channel where you can find videos giving detailed step by step instructions on various Yoga poses and its related benefits.

Yoga Shikshika Abhilasha has shared her experience of yoga with various corporates and social groups and have been instrumental in inspiring people to take better care of their health.

## **About Aaroghay**

Aaroghay was founded in the year 2018 with an intention to facilitate in propagating Yoga irrespective of caste, creed or colour under the illuminating guidance of Yoga Shikshika Abhilasha.

At Aaroghay, we believe in creating harmony at mind level to reach the state of nirog (disease free body) and a happy soul.

Aaroghay is also in collaboration with many social groups and corporates to provide programs in yoga.

Yoga Shikshika Abhilasha, the Founder of Aaroghay, is Certified Yoga Trainer with following certifications / work experience –

- Certificate Course in Yoga (200 Hrs) – Kaivalyadhama Yoga & Research Institute, Lonavala.
- Advance Yoga Course (60 Hrs) – Anubhuti Yoga Centre, New Delhi.
- Workshop on yoga & Meditation (15 Days) – Vivekananda Centre, Kanyakumari.
- Volunteered for Patanjali sessions happening in Delhi DDA Parks (2 Years)

Yoga Shikshika Abhilasha has dedicated herself to the nurturing / development of kids and families through yoga and mindfulness practices. She creates yoga flows by combining various asanas, so that even those who have limited time can benefit maximum and can complete their full body practice, also these yoga flows are simple and approachable. Suited for the contemporary lifestyle, Aaroghay’s methodology is effective without being overwhelming.

We at Aaroghay teach in a manner that respects diversity. We have an adaptive approach that innovates yoga postures to best serve each student. Our Focus is on alignment, therapeutic movement, inspirational and motivational language that moves people physically, emotionally and mentally.

At present we have 5 batches going on every day where we have specialised sessions for Kids, Senior citizens, Weight loss programmes, and corporates.

We Believe in the fact “Gratitude Is The Best Attitude”, Therefore for the society which has given us so much, it is our duty to spread the knowledge we have, and for that we have regular free Pranayama Sessions going on our Facebook page, to help maintain mental peace and sanity, and to fight and protect from the pandemic. We are also running completely free counselling sessions for covid patients.

#### **MISSION:**

Aaroghay is resolutely working towards creating a canopy of multiple yogic practices to help people burdened by metropolitan living achieve complete restoration, healing and self-improvement in all aspects of physical, mental and spiritual health. We teach people how to move their bodies so that they feel strong, powerful, graceful and skilled

People leave our classes empowered and looking forward to the next session.

#### **VISION:**

Our long-standing vision is to spread Health, Peace and Happiness by answering a fundamental question of ‘How can we become happy?’ When productive awareness of Yoga is disseminated globally, we will possess the knowledge to live better. We aim to lift the consciousness of the people, thus upgrading lives as well.

We envision a world that experiences bliss and a sense of fulfilment. This can only be realized if Yoga’s potential is recognised and its practise occupies a seat of a more permanent nature in our lives.

#### **Snap Shots from our yoga sessions**



