



# SARALA YOGA

*Online Yoga Classes for Beginners*



*Asana (Poses)  
Pranayama (Breathing Techniques)  
Dhyana (Meditation)  
Kriya (Cleansing Techniques)*

**MONDAY-FRIDAY  
(SELF-PRACTICE SESSIONS INCLUDED)**

**Morning Batch: 6:30 am-7:30 am IST**

**Evening Batch: 7:00 pm-8:00 pm IST**



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# SARALA YOGA

**Sarala Yoga** is a perfect place for you to start your yoga journey. Specifically targeted at encouraging freshers into yoga, it is designed to encourage everyone to make yoga a part of their everyday lifestyle. With a combination of **asana, pranayama, dhyana and kriya**, yoga is approached in a traditional way with focus given to leading a healthy and happy lifestyle.



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## WHAT IS THE APPROACH?

The classes will be a combination of asanas, pranayama, dhyana and kriyas. There will be interactive classes **3 days a week**. Participants will also be encouraged towards **self-practice** for the remaining days of the week with necessary videos and audios. This is to ensure that yoga becomes a part of the lifestyle and not approached as just a fitness regime.

### **MONDAY-WEDNESDAY-FRIDAY**

#### **MORNING BATCH**

**6:30 am-7:30 am IST**

#### **EVENING BATCH**

**7:00 pm-8:00 pm IST**

### **TUESDAY & THURSDAY**

Self-practice sessions with video/audio guidance



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## YOU ARE PERFECT FOR THIS COURSE IF..

1. you have never practiced yoga before and are looking to **start yoga**.
2. you are experiencing **stress, anxiety, depression, panic, restlessness and lack of focus** often and want to improve your **emotional balance**.
3. you have **health issues** like diabetes/PCOD/PCOS/Thyroid and other lifestyle imbalances and want to manage your health issues in a **holistic way**.
4. you have gained weight and are looking for **weight-loss** in a sustainable manner without chances of relapse.
5. you have an **erratic lifestyle** and are looking to bring **discipline** into your daily life.
6. you have immense respect towards **yoga** and are looking to learn and explore it in a traditional manner.



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## ENERGY EXCHANGE

1 month - **Rs.999 INR**

3 months - **Rs. 2,499 INR**

6 months - **Rs.4,999 INR**



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## WHAT TO DO NEXT?

1. Click on the link below to register.
2. You shall be receiving a mail from us confirming your registration.
3. You shall be added to our WhatsApp group and our exclusive private Facebook group.
4. You can begin attending classes from the subsequent day.

REGISTER HERE



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## FAQs TO GUIDE YOU

### **1. I have never practiced yoga before. Will I be able to manage?**

Absolutely. This course is specifically targeted at beginners. So prior knowledge of yoga is not necessary.

### **2. I do not have a flexible/strong body. Will I be able to do asanas?**

Your body will become flexible/strong over a period of time with regular practice. So if your body is not flexible/strong right now, it is considered normal for beginners.

### **3. I am overweight/obese. Will I be able to practice asanas?**

Yes. Body weight, shape and structure does not determine the ability to practice asanas. One can practice asanas irrespective of these factors. Only the intention to practice and consistency towards practice is important.

### **4. I am a senior citizen. Will I be able to cope with the sessions?**

Yes. Many asanas have certain variations which will assist in easy practice. The modified variations will be demonstrated during the sessions.

### **5. I do not have a yoga mat. Is it compulsory?**

Though it is recommended to use a yoga mat to avoid injury, it is not mandatory. A thick blanket/rug/carpet can be used.



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## FAQs TO GUIDE YOU



### **6. I have pain in my knees/neck/shoulders/back. Will I be able to practice asanas?**

Yes. Many asanas have certain variations which will assist in easy practice. The modified variations will be demonstrated during the sessions. Asana practice will help in reduction of the pain.

### **7. I am a patient of diabetes/thyroid/PCOS/PCOD/any other disease. Are these classes suitable for me?**

Yes. The classes are apt for you. The sessions and practice will assist you in managing your health issues in a conscious manner.

### **8. How many days in a week should I practice yoga?**

It is recommended to practice for 5-7 days a week.

### **9. I cannot dedicate time during my weekdays for yoga practice. Is it enough if I practice during weekends only?**

Yoga should be made a part of one's lifestyle. Leading an unhealthy lifestyle during the week and practicing only during the weekends will not bring any significant changes in the body or state of mind. It is recommended to practice for 5-7 days a week.

### **10. I am not sure about what food to eat. Will you be guiding on the diet as well?**

Yes. Guidance will be given on healthy eating habits as per principles of Yoga and Ayurveda.

### **11. I want to lose weight. Will yoga help me?**

Yes. Yoga will help you in leading a healthy lifestyle. Weight-loss will be a by-product of healthy lifestyle.



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## FAQs TO GUIDE YOU



### **12. If yoga helps in weight-loss, how long will it take for me to lose weight?**

Different bodies respond in different ways to yogic practices. Weight-loss depends on various other factors like eating habits, lifestyle, emotional state, genetics etc. Hence, a definitive time-period cannot be determined for weight-loss process. A continuous practice for a minimum period of 45 days is recommended to notice significant changes in the body.

### **13. For how many days should I practice yoga?**

Yoga is a lifestyle. Once you start enjoying the practice of yoga, it becomes a part of your routine and you can practice for the rest of your life.

### **14. In how many days can I see changes because of yoga?**

With regular practice, you can notice changes internally and externally within a few sessions.

### **15. How long will it take for me to learn all the asanas?**

The ability to learn asanas depends on various factors like frequency of practice, flexibility, strength and symmetry of the body, the ability to focus and concentrate during practice etc. It is about enjoying the journey of learning and not the end result of being able to do asanas perfectly.



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## FAQs TO GUIDE YOU



### **16. How much time gap should be maintained between meals and yoga practice?**

Ideally a gap of 1.5-2 hours should be maintained between a heavy meal and yoga practice.

### **17. Can yoga be practiced during menstrual cycle?**

Yes. Yoga can be practiced during menstrual cycle. The exceptions for this being practices where the body is in an inverted position and the practices which need abdominal strength. The body is the best indicator whether it can sustain a practice session or not. So it is best to listen to the body and decide accordingly during menstrual cycle.

### **18. Which is the best time for yoga practice- morning or evening?**

Different people have different preferences. Some people find morning practices to be refreshing as the mind is fresh after sleep. Others prefer evening practice since the body is more flexible after moving around during the day. This preference is relative and depends on person to person.

### **19. I am not a Hindu. Can I practice yoga?**

Yoga is the union of mind and body. It is beyond religious boundaries. Anyone can practice yoga irrespective of which religion they follow.



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# FAQs REGARDING ONLINE CLASSES



## **1. During classes, I don't want to turn my camera on. Will that be okay?**

No. If the camera is on, the facilitator can check your alignment and correct mistakes. So it is mandatory to keep the cameras on unless it is an unavoidable circumstance.

## **2. Since I am at home, I am not sure about what sort of clothes I should wear for yoga classes. Can you help me?**

You can wear comfortable clothing for the class, preferably cotton. Your clothes should assist you in easy movement of your body. During asana practice, you will be required to spread/lift your limbs. So wear appropriate clothes to facilitate the same without causing discomfort to you.

## **3. My husband/wife/sister/brother wants to attend classes along with me. Can we login from the same device?**

Yes. During the interactive classes ensure both of you are visible to the facilitator to correct alignment and mistakes.

## **4. My schedule is erratic so I cannot pick which batch to attend. What can I do?**

The classes and the groups are common for morning and evening batches. So you can interchange the batches and attend classes as per your convenience.

## **5. How many students will be present in a batch?**

A batch will consist of 10-15 students. Each student will be observed and mistakes and alignment will be corrected.



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## PROTOCOLS TO BE FOLLOWED



1. Yoga is a divine practice. Regular attendance is compulsory. This is essential to maintain the flow of the journey. Discontinued classes and irregularities will not yield results.
2. Fees to be remitted for the month in advance. Fees should be paid within the 5th of the month
3. If you are unable to attend any class, there will be no reduction/refund of the fees paid. There will be no compensation of the classes.
4. If your joining date is between 1st and 15th of a month, fees for the entire month will be required to be paid. If you are joining between the 16th and 30th/31st of the month, you will be required to pay fees for half of the month. There will be no reduction of fees or compensation of classes.
5. If the class is cancelled by the facilitator, it will be compensated accordingly with prior notice.



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# PROTOCOLS TO BE FOLLOWED

## DURING ONLINE CLASSES

- 1.** Login to the classes in time. Classes will start and end at the exact time. Late logins beyond 5 mins after the class has begun will not be allowed as it disturbs the flow of the class.
- 2.** Cameras should be turned on during all the sessions. It will help in correcting the alignment and mistakes.
- 3.** Clothes appropriate for yoga practice to be worn. Kindly maintain the decorum of the class. Kindly avoid home clothes (nighties, towels for ladies, baniyans, towels, lungis for men)
- 4.** As soon as you login, kindly mute yourself to avoid disturbance.
- 5.** All doubts and questions can be clarified at the end of the class. Since it is an online class, pausing and conversing will cause disturbance to the others.
- 6.** Kindly follow the instructions of the facilitator. Some of you might be familiar with the sequence and the asanas. But since it is a class, it is suggested to follow the instructions and practice along with the others.
- 7.** Don't compare yourself with others. Your progress is your own journey.
- 8.** If you are an absolute beginner, don't worry about what was taught in the previous classes. The practices will be repeated and one can catch up with others within a few classes.



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# KNOW YOUR INSTRUCTOR



## Madhuri Vasisht

**YIC, RYT200, RYT (Pre-natal TTC)**

Madhuri comes from a Chartered Accountancy background. In the year 2013, after a road accident, she started practicing yoga. Her recovery led her to make yoga a part of her lifestyle.

After being diagnosed with PCOS (Poly-cystic Ovaries Syndrome) and a battle with depression, she cured herself with the help of yoga and self-healing.

This prompted her to spread the knowledge of Yoga and help others heal from their ailments. She got her Yoga Instructor's Certification (YIC) from S-Vyasa University, Bangalore. She completed her RYT200 and RYT Integrated Pre-natal certifications as well.

In the year 2019, she founded 'Madhuri Yoga' and connected to people from various backgrounds and led them to the path of yoga.

With her yoga sessions being simple and easy to follow, she has been able to reach out to the young and the old alike. Currently, with over 2,000 hours of yoga teaching experience, she has helped 100s of people to find peace, health and happiness through Yoga.

She believes Yoga is for all and everyone should make it a part of their lifestyle to lead a healthy, happy and fulfilled life.



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