

MINI NOVA LEARNING HUB

TUTORING

**TUITION
VI-X**

CBSE, STATE

**ALL SUBJECTS
TUTORED BY
SUBJECT EXPERTS**

DM @ mininova_learning_hub, email - mininovalearninghub@gmail.com

8248405347



MINI NOVA LEARNING HUB

ONLINE -OFFLINE CLASSES

SPOKEN ENGLISH

SPEAK FLUENTLY & CONFIDENTLY

WHAT WE COVER

ESSENTIAL GRAMMAR SKILLS

PRONUNCIATION & FLUENCY EXERCISES

PERSONAL INTERVIEW PREPARATION

GROUP CONVERSATION PRACTICE

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PHONICS

FOR KIDS AGES 4 TO 9

RECOGNIZE LETTER SOUNDS

BLEND AND SEGMENT WORDS

BUILD VOCABULARY

READ FLUENTLY

DEVELOP EARLY SPELLING SKILLS

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ABACUS

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**UNLOCK YOUR CHILD'S POTENTIAL
WITH ABACUS TRAINING**

SPEED

ACCURACY

FOCUS

MEMORY

VISUALIZE

PROBLEM-SOLVING

LOGIC

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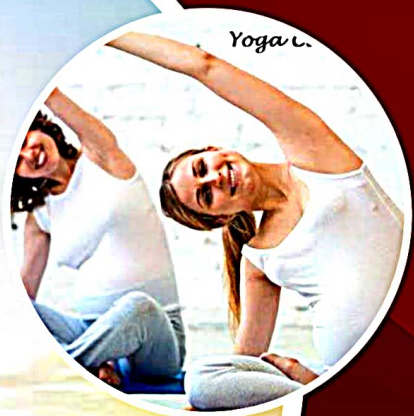
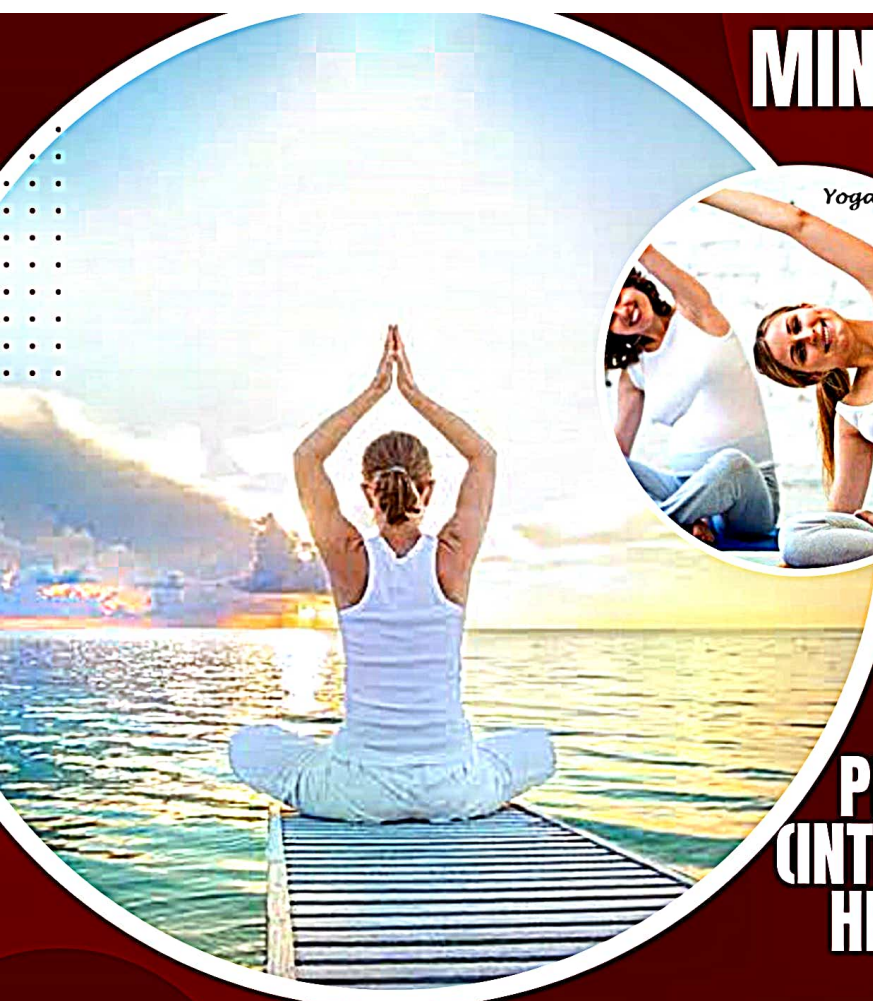
BHARATANATYAM

Taught by
Guru Dr. Palani Sivakumar

20+ YRS EXPERIENCE

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MINI NOVA LEARNING HUB

ONLINE -OFFLINE CLASSES

YOGA

HATHA YOGA
ASHTANGA YOGA
PRANAYAMA & MEDITATION
FACE YOGA
PRENATAL & POSTNATAL YOGA
(INTERNATIONAL CERTIFICATION)
HEALTH & WELLNESS TRAINING

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YOGA

HATHA YOGA

HATHA YOGA IS A FOUNDATIONAL PRACTICE FOCUSING ON GENTLE POSTURES AND BREATHWORK TO IMPROVE FLEXIBILITY, STRENGTH, AND REDUCE STRESS, MAKING IT SUITABLE FOR MOST INDIVIDUALS. IT EMPHASIZES MINDFUL MOVEMENT AND BODY AWARENESS, PROVIDING A SOLID BASE FOR FURTHER YOGA EXPLORATION.

ASHTANGA YOGA

ASHTANGA YOGA IS A DYNAMIC AND PHYSICALLY DEMANDING STYLE CHARACTERIZED BY FLOWING SEQUENCES SYNCHRONIZED WITH BREATH, BUILDING SIGNIFICANT STRENGTH, ENDURANCE, AND MENTAL FOCUS. THIS PRACTICE GENERATES INTERNAL HEAT AND ENHANCES BODY AWARENESS, OFTEN APPEALING TO THOSE SEEKING A MORE INTENSE PHYSICAL CHALLENGE.

PRANAYAMA & MEDITATION

PRANAYAMA INVOLVES BREATH CONTROL TECHNIQUES TO REDUCE STRESS, INCREASE ENERGY, AND IMPROVE FOCUS, WHILE MEDITATION CULTIVATES PRESENT MOMENT AWARENESS FOR EMOTIONAL REGULATION AND INNER PEACE. THESE PRACTICES ARE ACCESSIBLE TO EVERYONE AND ARE VITAL FOR MENTAL AND EMOTIONAL WELL-BEING.

FACE YOGA

FACE YOGA UTILIZES SPECIFIC EXERCISES AND MASSAGE TO TARGET FACIAL MUSCLES, AIMING TO IMPROVE TONE, REDUCE WRINKLES, AND ENHANCE CIRCULATION FOR A MORE YOUTHFUL AND RELAXED APPEARANCE. IT OFFERS A NATURAL AND NON-INVASIVE APPROACH TO FACIAL REJUVENATION.

PRENATAL & POSTNATAL YOGA (INTERNATIONAL CERTIFICATION)

PRENATAL AND POSTNATAL YOGA ARE SPECIALIZED PRACTICES DESIGNED TO SUPPORT WOMEN DURING AND AFTER PREGNANCY WITH SAFE AND TAILORED MOVEMENTS THAT ALLEVIATE DISCOMFORT, STRENGTHEN RELEVANT MUSCLES, AND PROMOTE OVERALL WELL-BEING. THESE CERTIFIED CLASSES PRIORITIZE THE UNIQUE NEEDS OF EXPECTANT AND NEW MOTHERS..

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ART & CRAFT

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ART & CRAFT

PAINTING
ORIGAMI-PAPER CRAFT
SOFT TOY MAKING
FASHION JEWELLERY
EMBROIDERY
AARI WORK
TERRACOTTA JEWELLERY
BEAD JEWELLERY MODELING
TANJORE PAINTING
FABRIC PAINTING
GLASS PAINTING
POT PAINTING
FLOWER MAKING

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