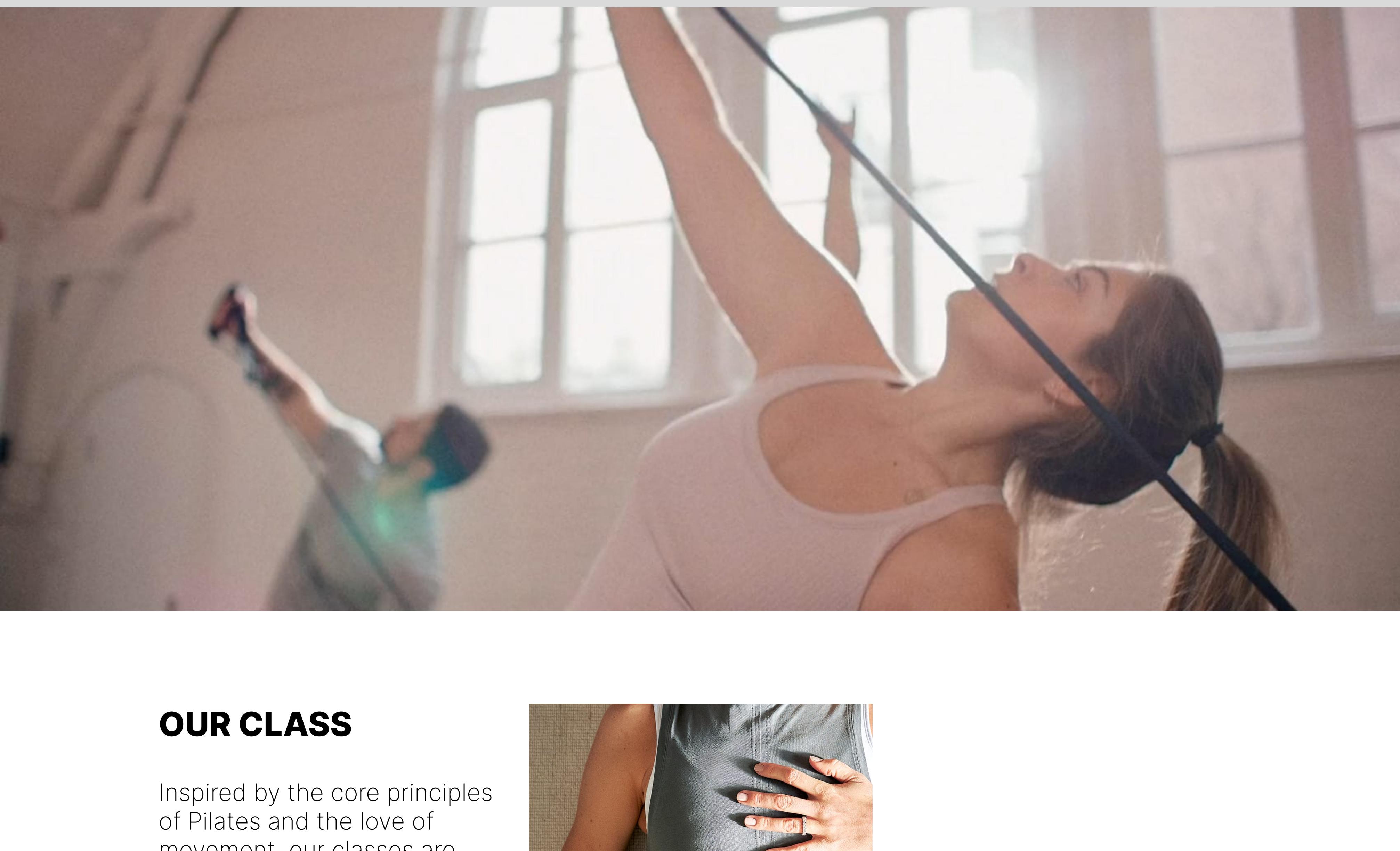


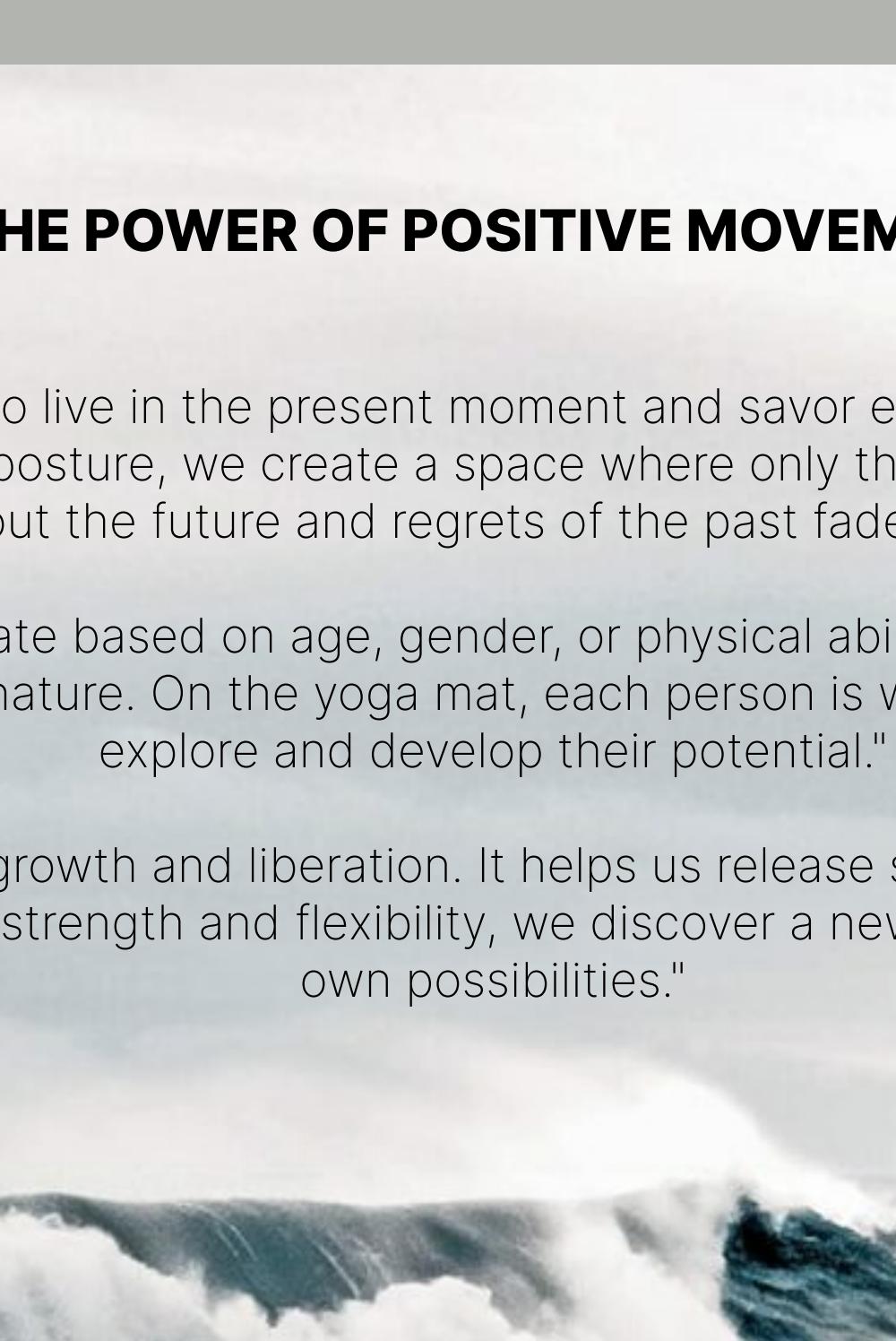
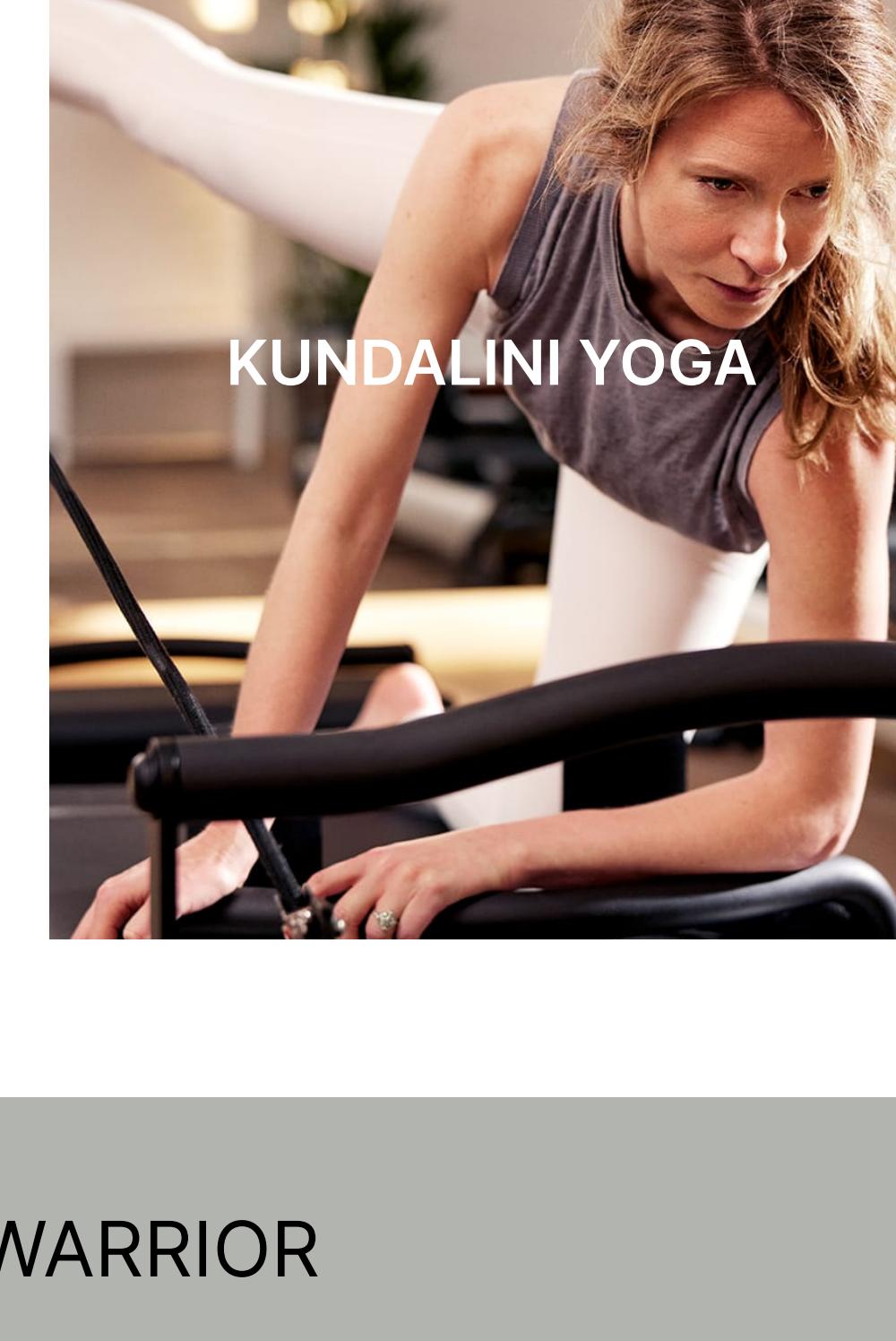
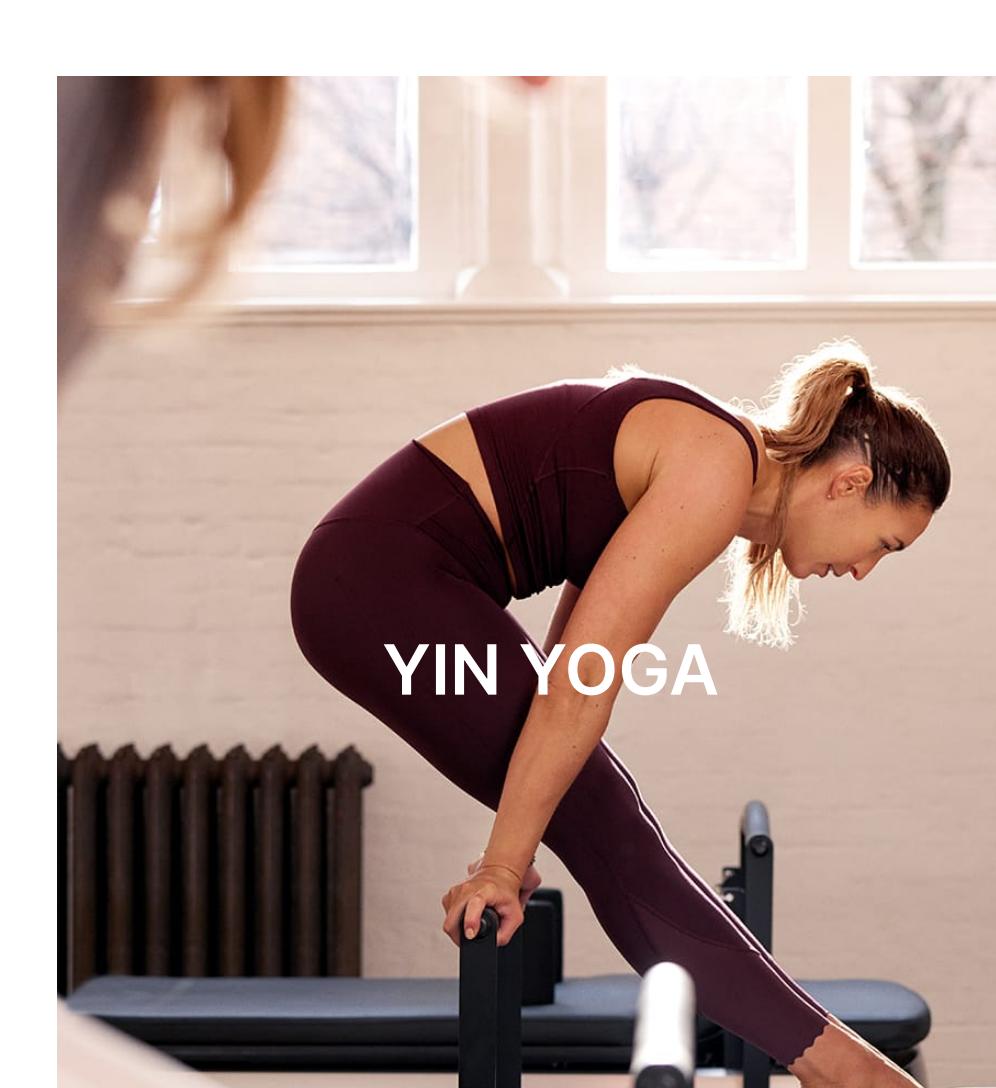
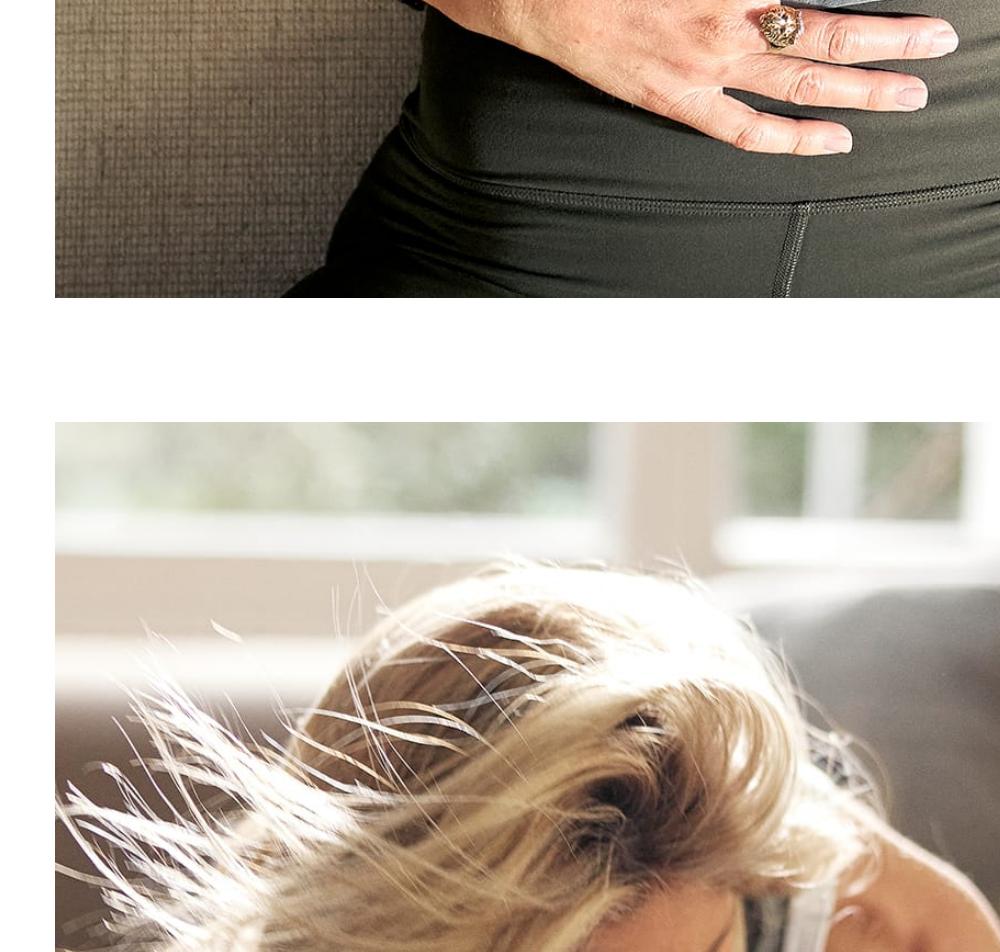
SIGN IN

SIGN IN



OUR CLASS

Inspired by the core principles of Pilates and the love of movement, our classes are designed to shift your energy and create long-lasting strength from within.

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BECOME A HEARTBEAT WARRIOR

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THE POWER OF POSITIVE MOVEMENT

"Yoga teaches us how to live in the present moment and savor each breath. As we bring our focus to the breath and posture, we create a space where only the present exists, and worries about the future and regrets of the past fade away."

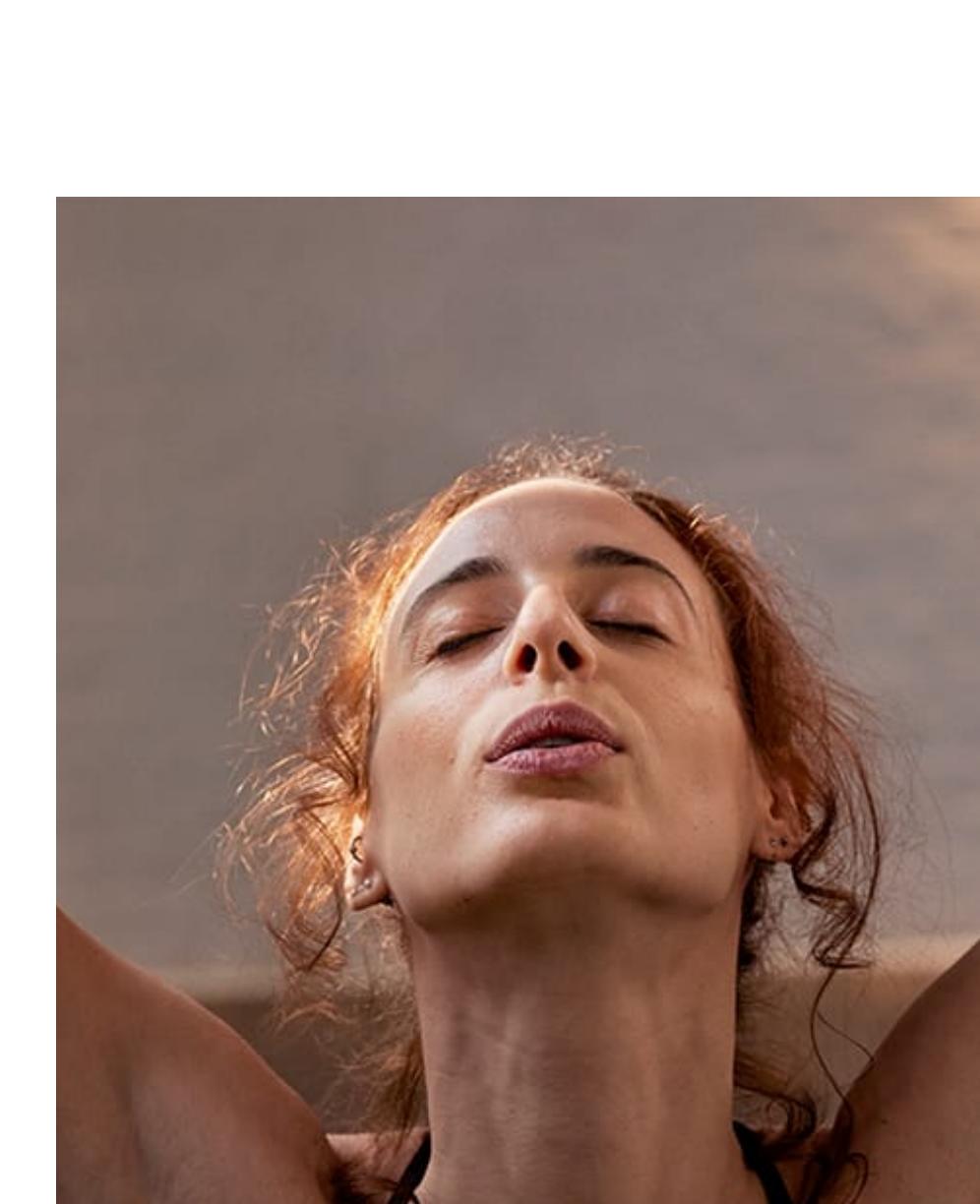
"Yoga does not discriminate based on age, gender, or physical abilities. It is an art of embracing and expressing our true nature. On the yoga mat, each person is welcomed and encouraged to explore and develop their potential."

"Yoga is a journey of self-growth and liberation. It helps us release stress, anxiety, and limitations. As we tap into our inner strength and flexibility, we discover a new perspective on life and our own possibilities."

IN OUR GUEST'S WORD



TEXT



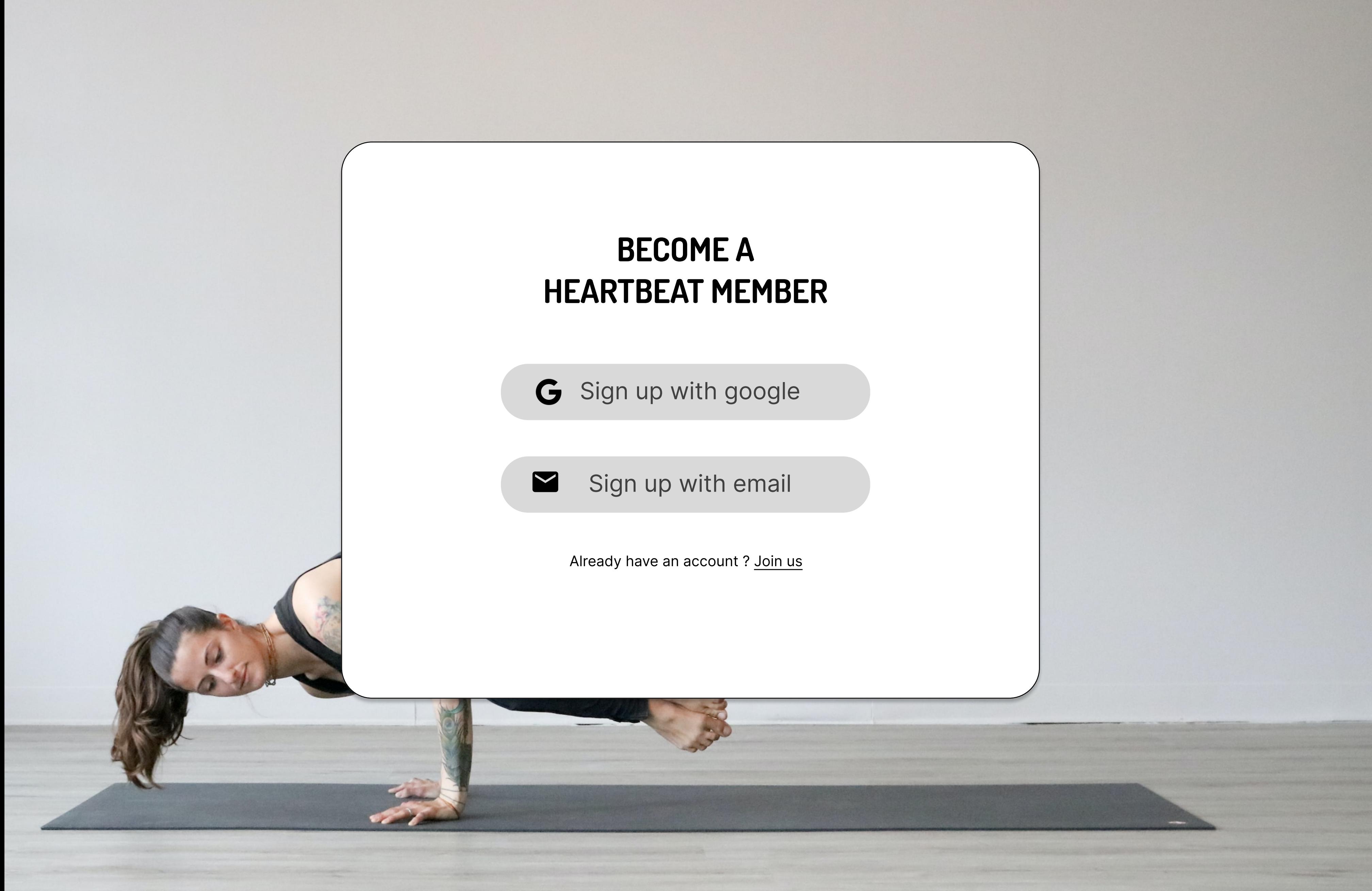
TEXT



TEXT



TEXT

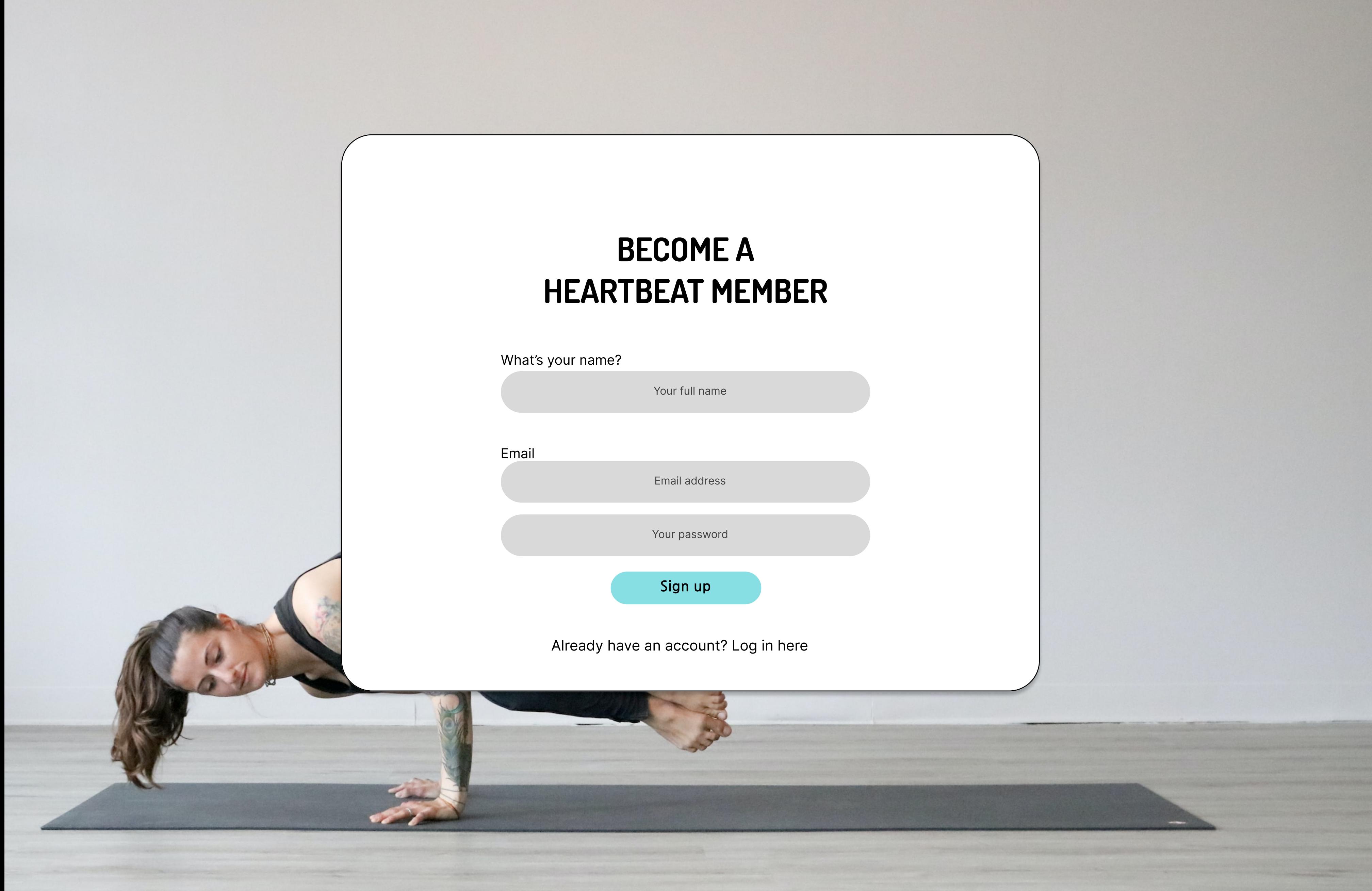


BECOME A HEARTBEAT MEMBER

G Sign up with google

✉ Sign up with email

Already have an account ? [Join us](#)

A woman with long brown hair tied back in a ponytail is performing a handstand on a dark grey yoga mat. She is wearing a black tank top and black leggings. Her left arm is extended straight down, supporting her weight, while her right arm is bent at the elbow with her hand near her head. She has a tattoo on her left forearm and another on her upper left leg. The background is a plain, light-colored wall.

BECOME A HEARTBEAT MEMBER

What's your name?

Your full name

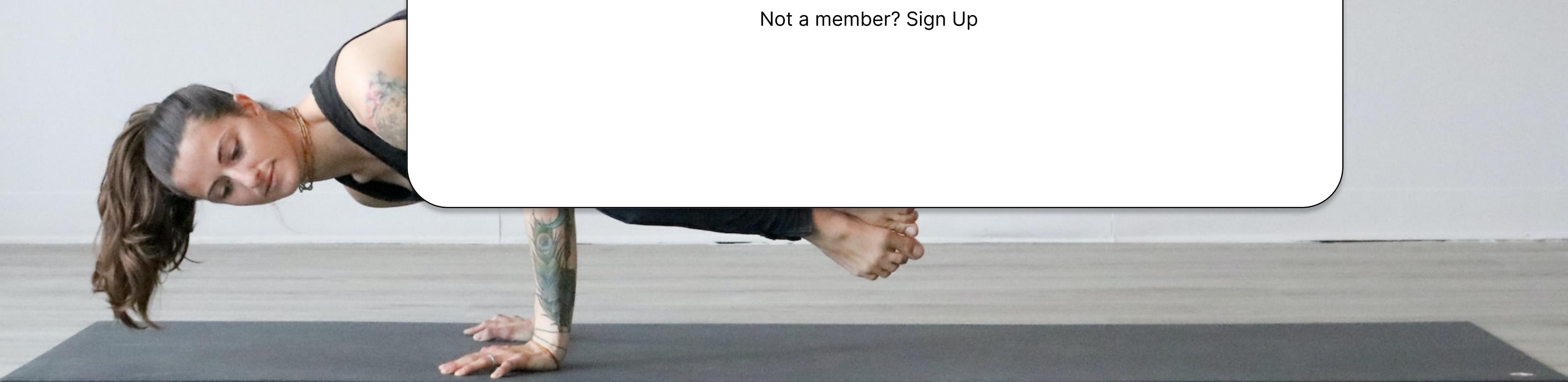
Email

Email address

Your password

Sign up

Already have an account? [Log in here](#)

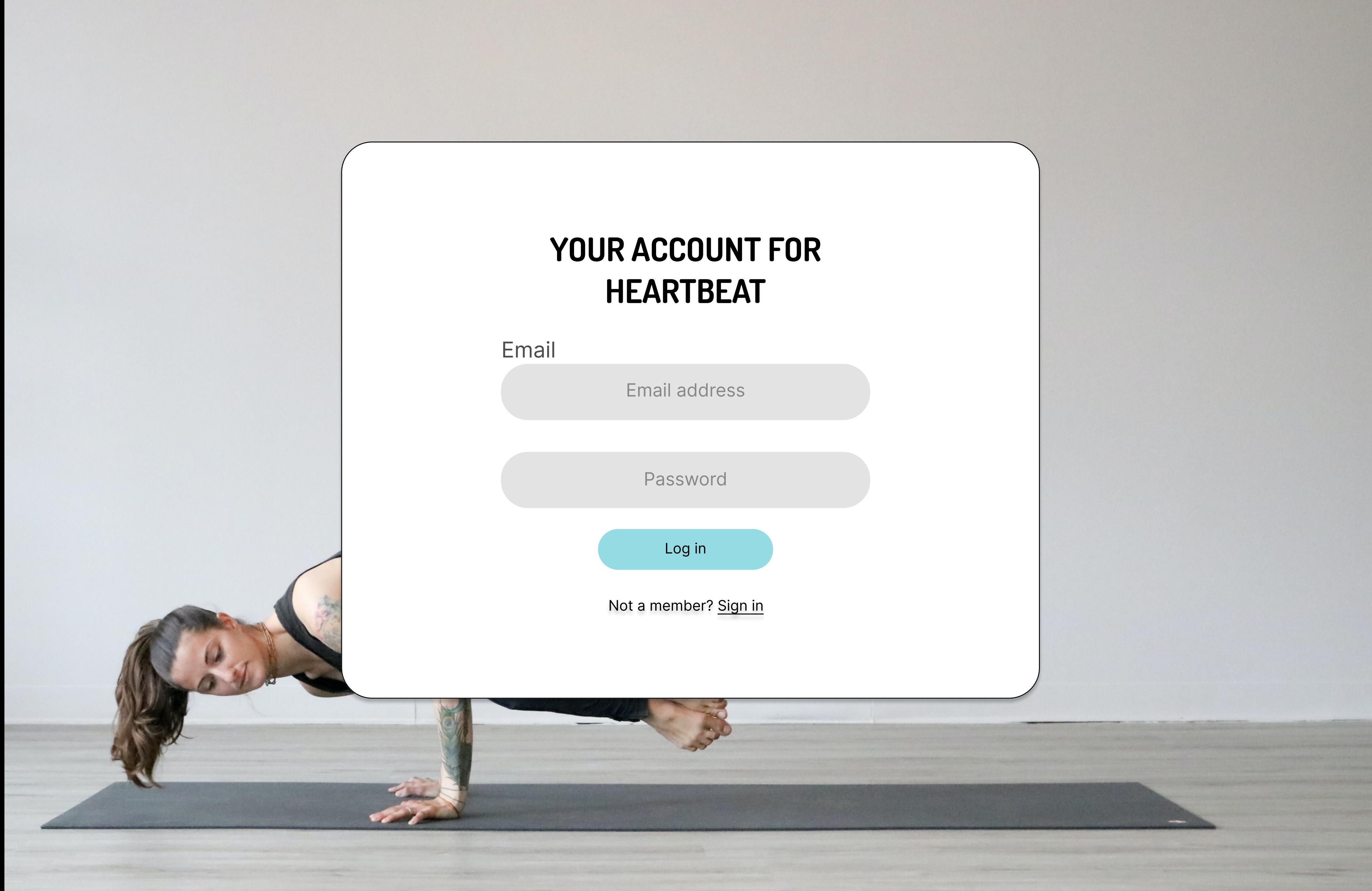


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 Sign in with email

 Sign in with google

Not a member? [Sign Up](#)



YOUR ACCOUNT FOR HEARTBEAT

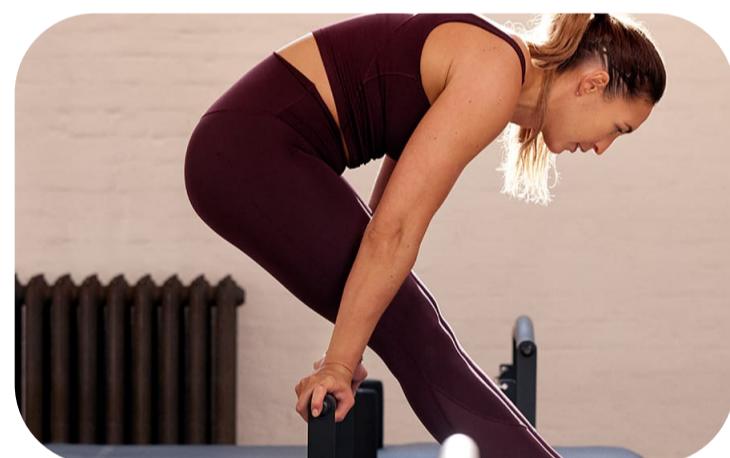
Email

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OUR COURSES



BASIC YOGA



HATHA YOGA



VINYASA YOGA



KUDALINI YOGA



YIN YOGA

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START YOUR TRAINING JOURNEY

BASIC YOGA FOR NEW ONE

- ✓ What you'll learn ✓
- ✓
- ✓
- ✓

Requirement

-
-
-



đ999,000

JOIN NOW



7 Days Trial

This course includes:

- ✓ Lasts 4 to 8 week
- ⌚ Certificate of completion

Description

TEXT

Who this course is for:

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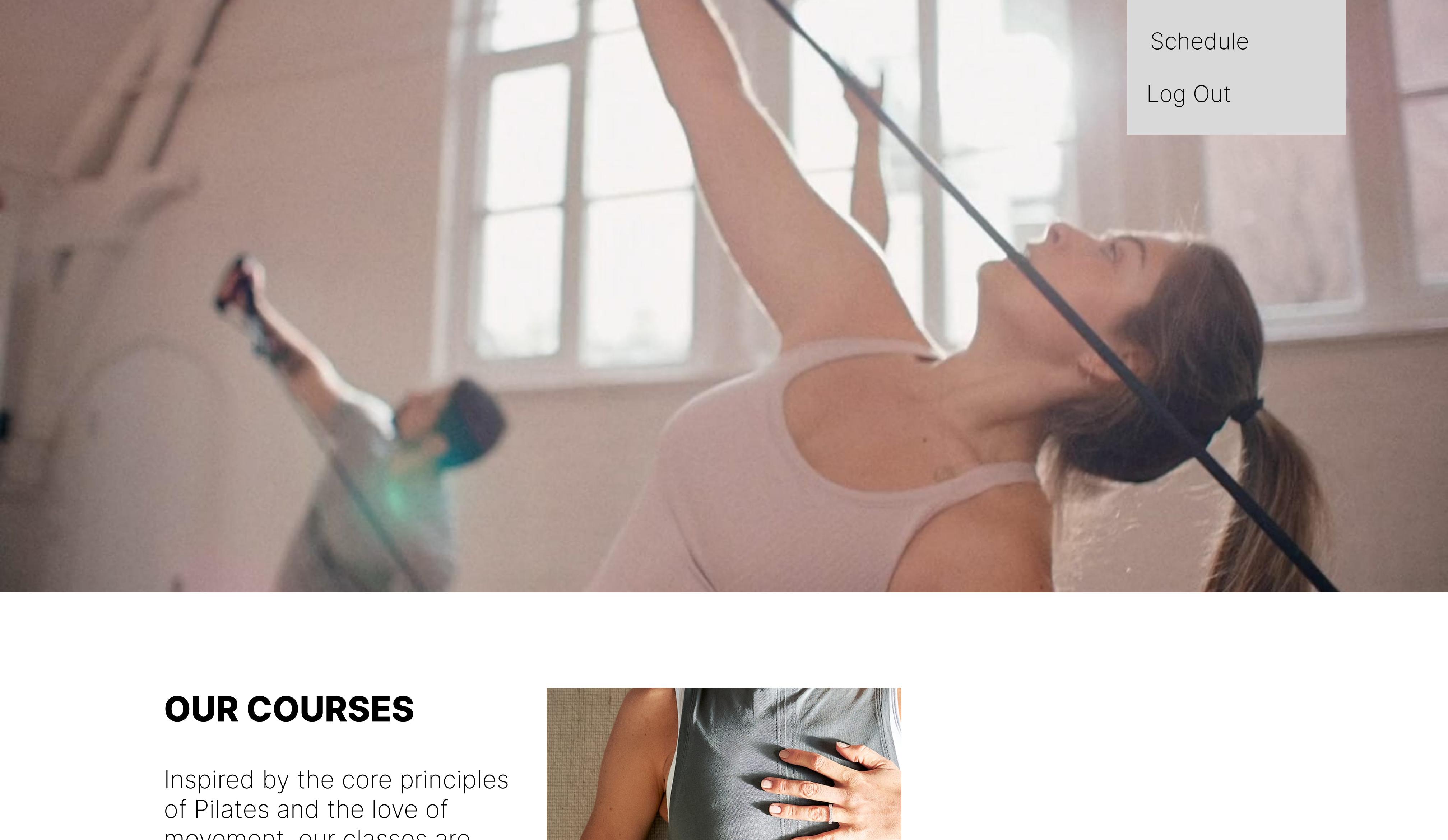
Sobre Nosotros

Contratar Talento

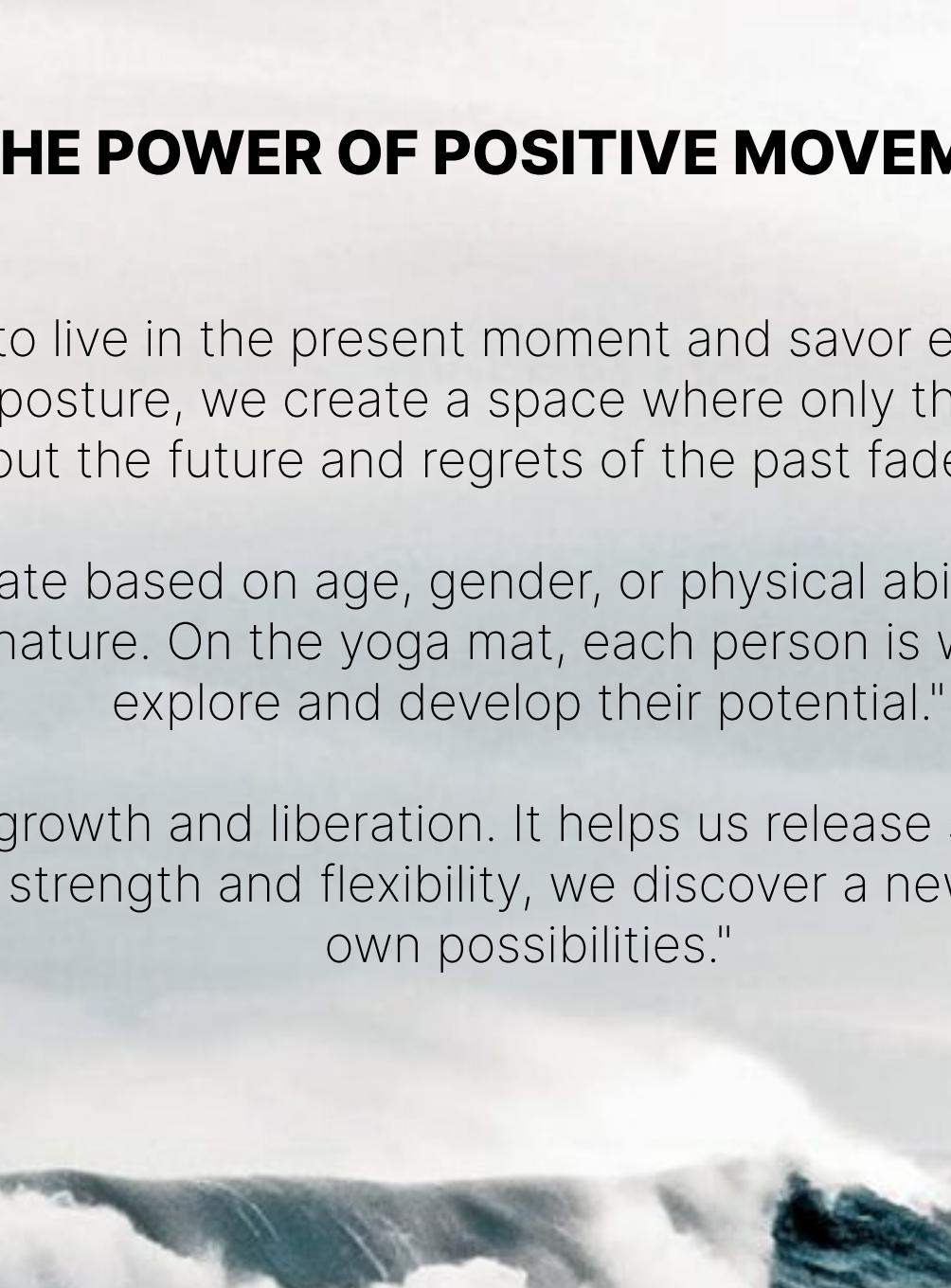
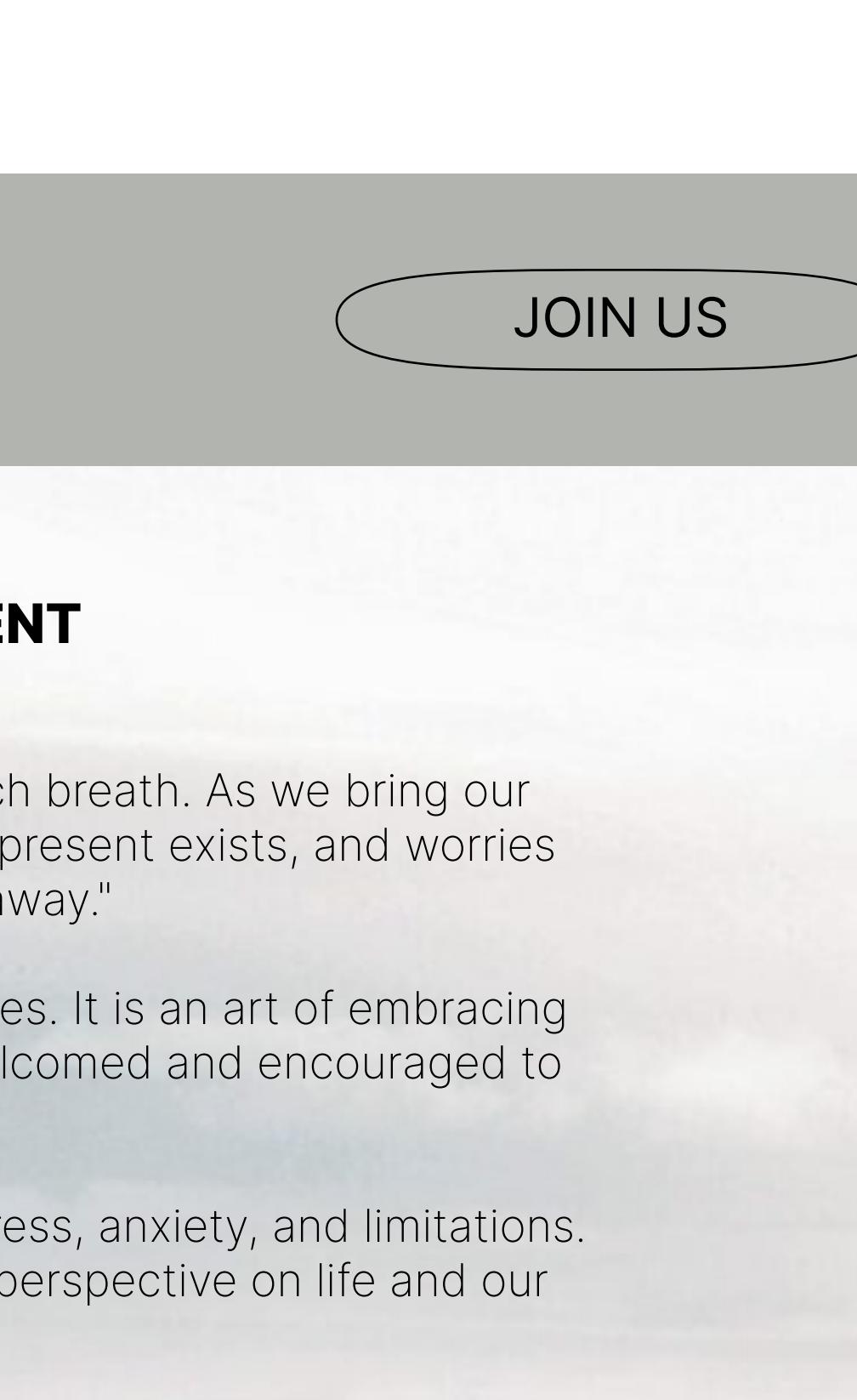
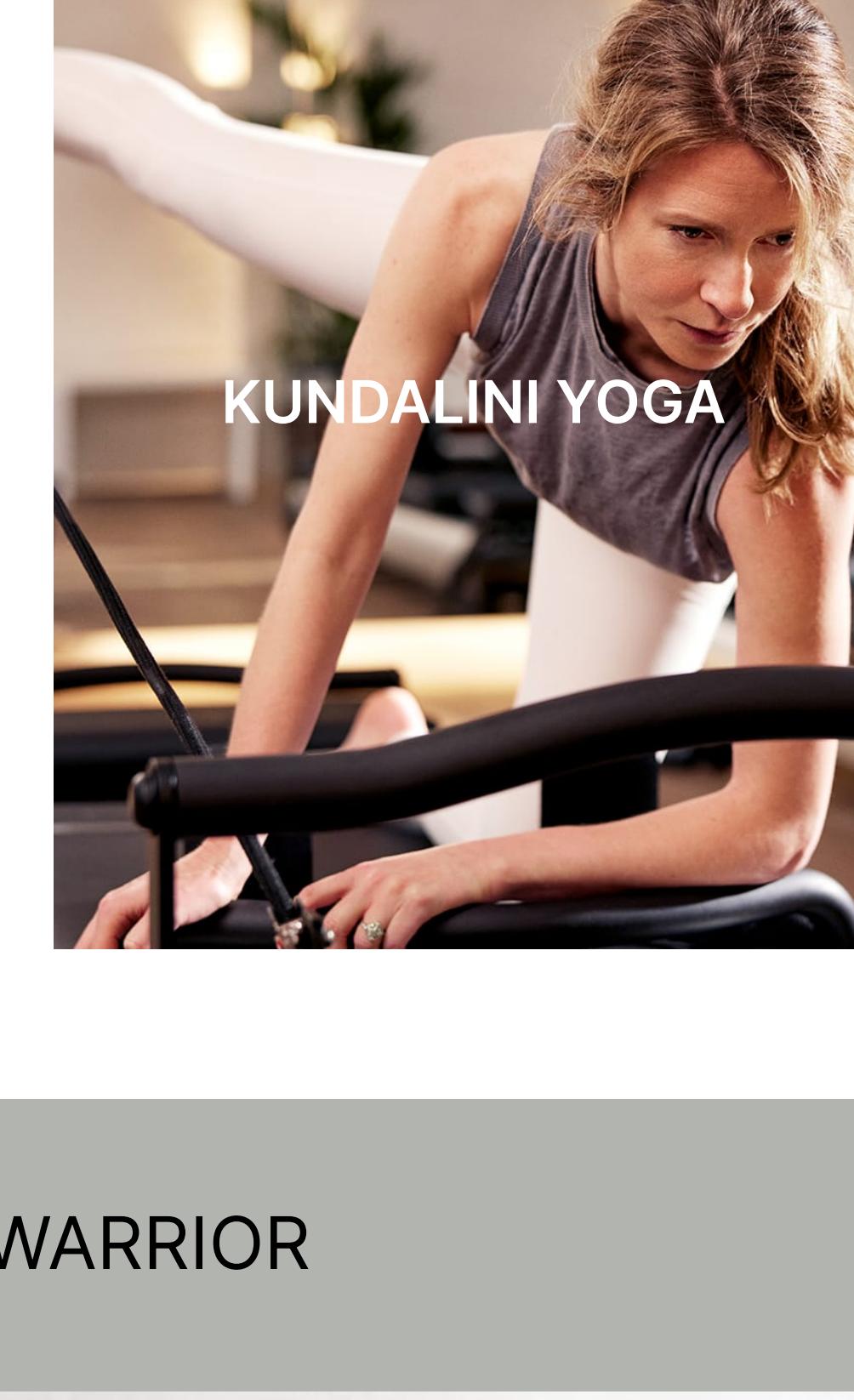
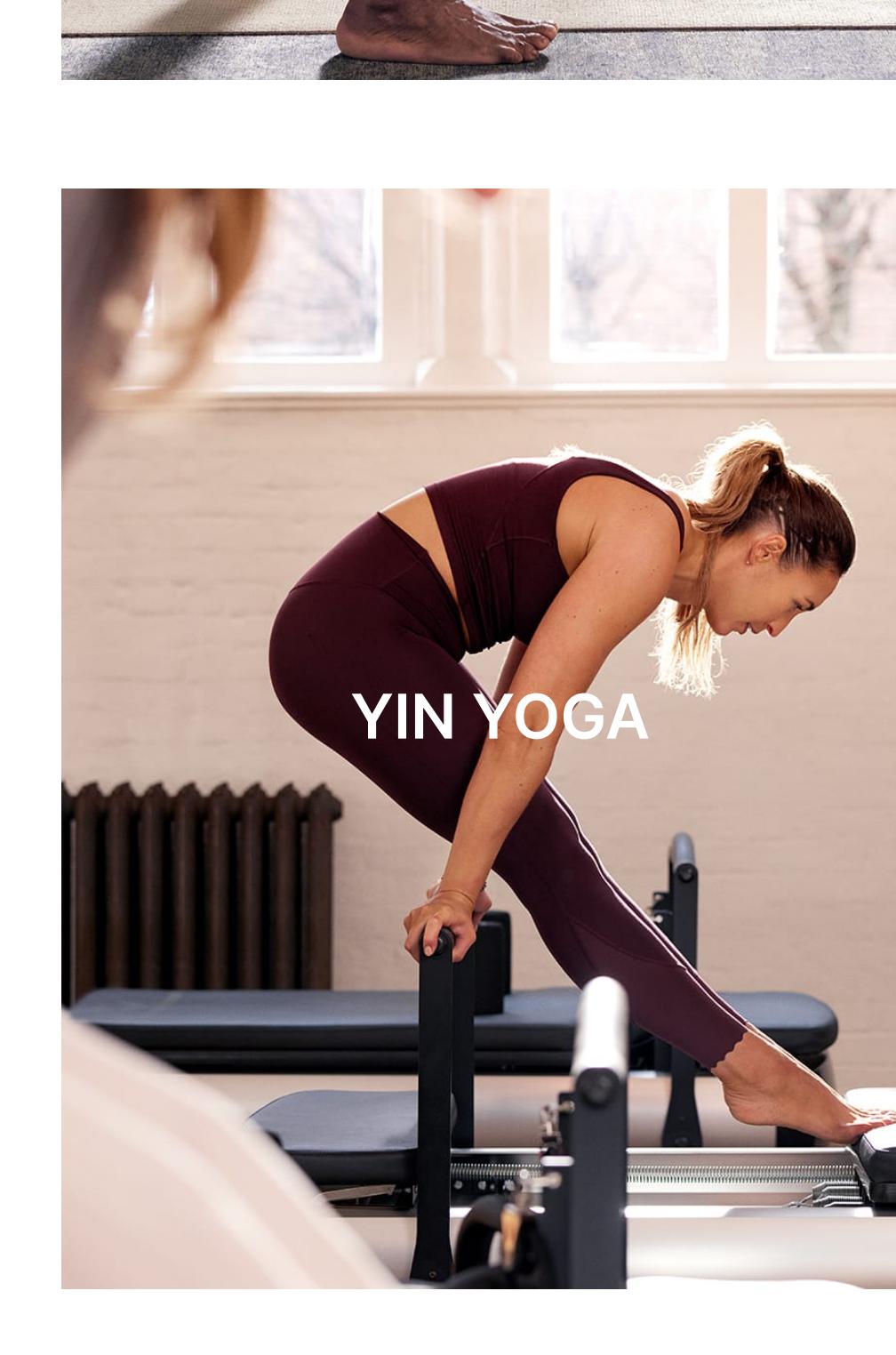
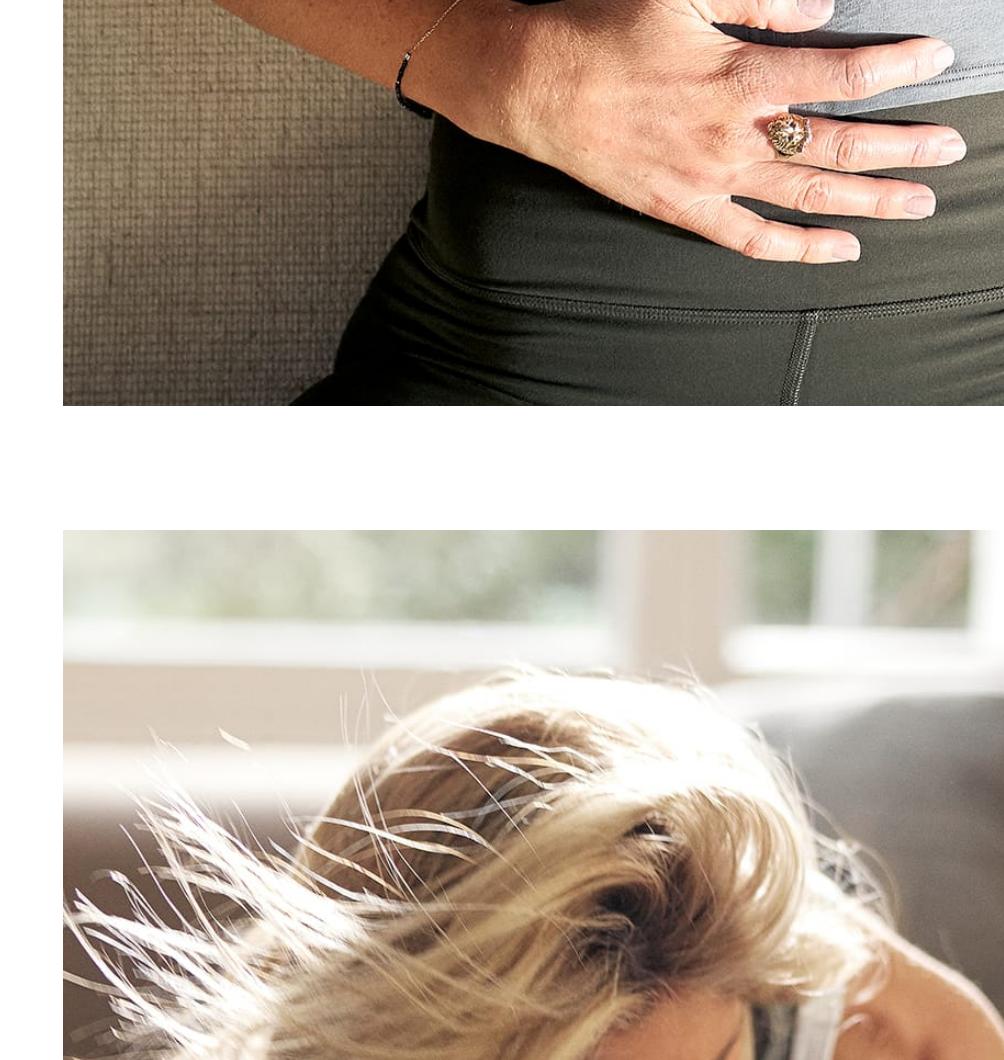
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DISCOVER MORE

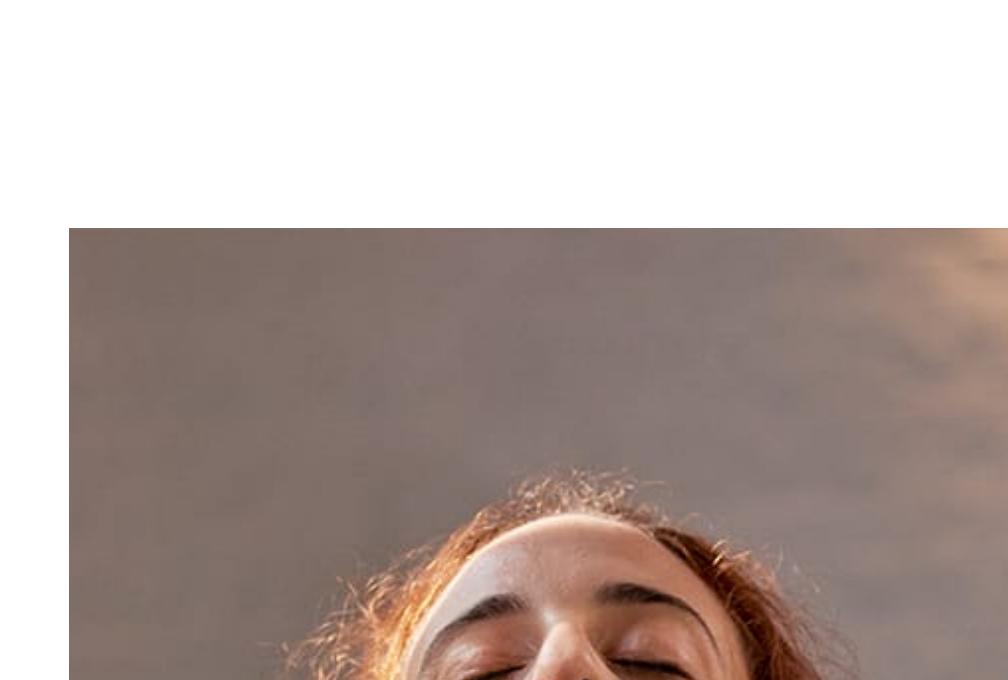


This composite image consists of two photographs side-by-side. The left photograph captures a dramatic sunset or sunrise sky. The lower portion of the sky is a pale, hazy orange, transitioning into a deep blue at the top. Large, billowing clouds are silhouetted against the bright light, appearing dark blue and black. Some of these clouds are touched with warm orange and yellow hues where they catch the light from behind. The right photograph is a close-up of a palm leaf, showing its characteristic fan shape and the intricate, parallel veins of the frond.

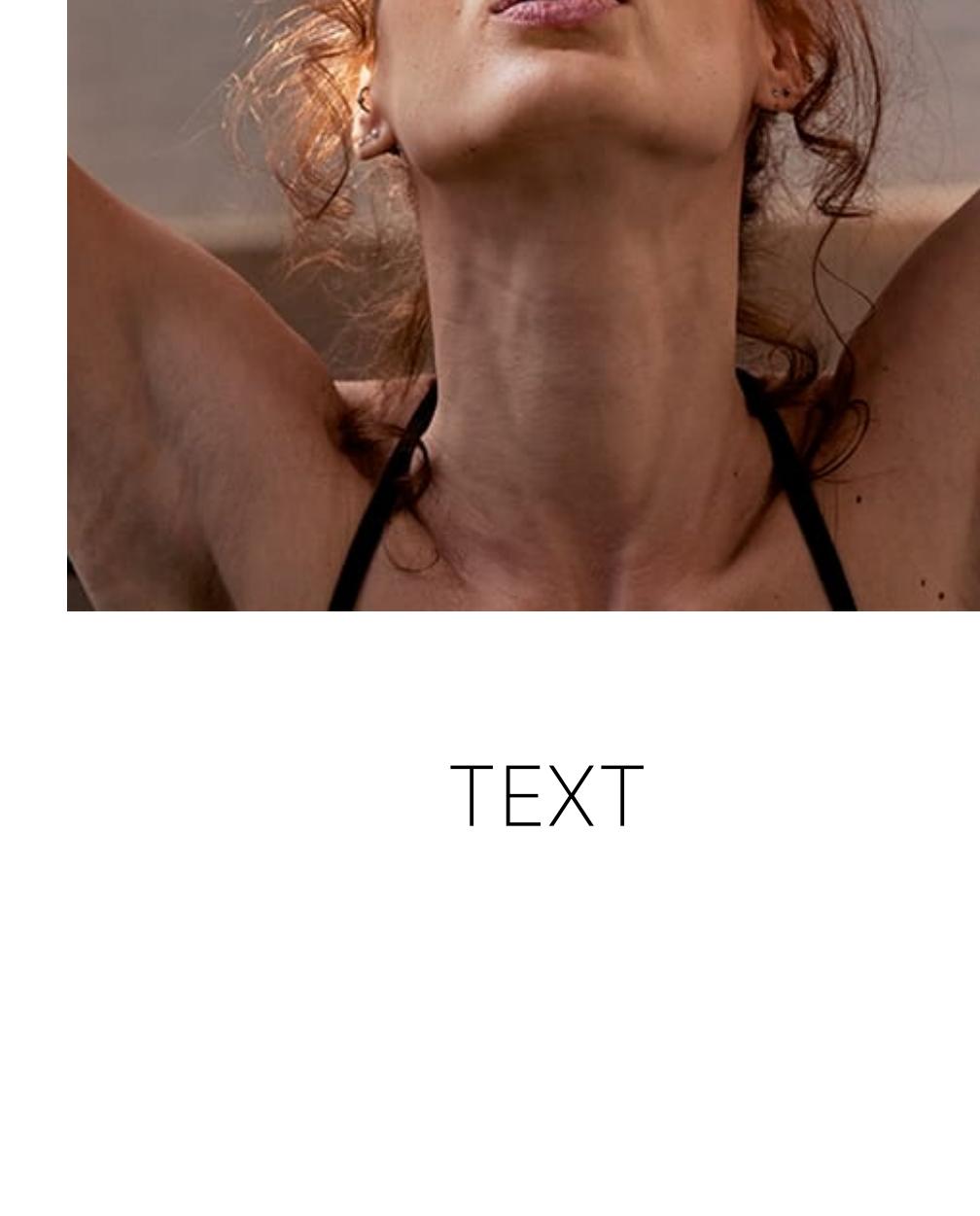
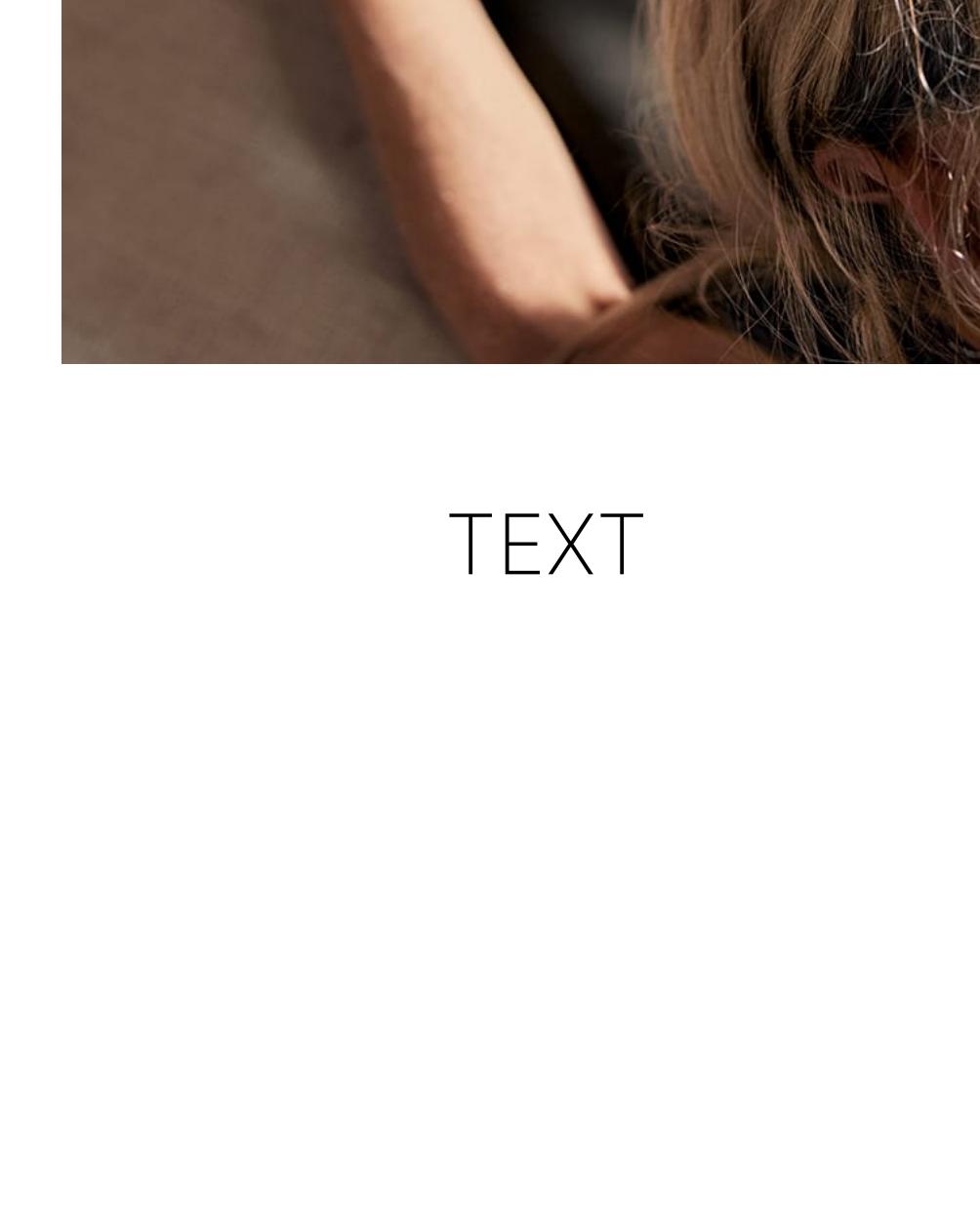
A photograph of a cloudy sky at sunset or sunrise. The clouds are heavily laden with orange and pink hues from the low sun, while the rest of the sky is a deep, dark blue.

TEXT





1



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START YOUR TRAINING JOURNEY



SCHEDULE

Today Back Next

July 09 - 15

	10 Mon	11 Tue	12 Wed	13 Thur	14 Fri	15 Sat
7:00AM						
7:30AM	7:30-9:00AM HATHA YOGA		7:30-9:00AM HATHA YOGA		7:30-9:00AM HATHA YOGA	
8:00AM	P123 Slot 1 Rajesh View more...		P123 Slot 1 Rajesh View more...		P123 Slot 1 Rajesh View more...	
8:30AM						
9:00AM						
9:30AM	9:30-11:00AM YIN YOGA	9:30-11:00AM HATHA YOGA	9:30-11:00AM YIN YOGA	9:30-11:00AM HATHA YOGA	9:30-11:00AM YIN YOGA	9:30-11:00AM HATHA YOGA
10:00AM	P123 Slot 2 Kamlesh View more...	P456 Slot 2 Rajesh View more...	P123 Slot 2 Kamlesh View more...	P456 Slot 2 Rajesh View more...	P123 Slot 2 Kamlesh View more...	P456 Slot 2 Rajesh View more...
10:30AM						
11:00AM						
11:30AM						
12:00AM						
12:30AM						
1:00PM						

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Select your Package to join us now



0 VND

Free Trial

You just able to apply for this package once.

- You can try our yoga class for a week.

Enroll

Only apply in June

900,000 VND

Spring Flower

This package only applies for a month and you will get a green card to join in class

- You will become a member of our yoga center.
- You will be able to learn all our yoga classes available(this package not contain special classes).

Enroll

Only apply in June

4,500,000 VND

Half Love

This package applies for six months and you wil get a red card to join in class.

- You will get all the benefits from Spring Flower package.
- You will be able to join our special yoga class at saturday weekly.
- You will get 1 free month.

Enroll

Only apply in June

5,200,000 VND

Big Deal

This package applies for twelve months and you will get a black card to join in class

- You will get all the benefits from Half Love package.
- You will be able to join our special yoga class all daytime if it is available.
- You will get 2 free months.

Enroll

Only apply in June

Check out

please check your information before submit.

1. Your information

Enter your email address

Enter your phone number

2. Payment info

Amount

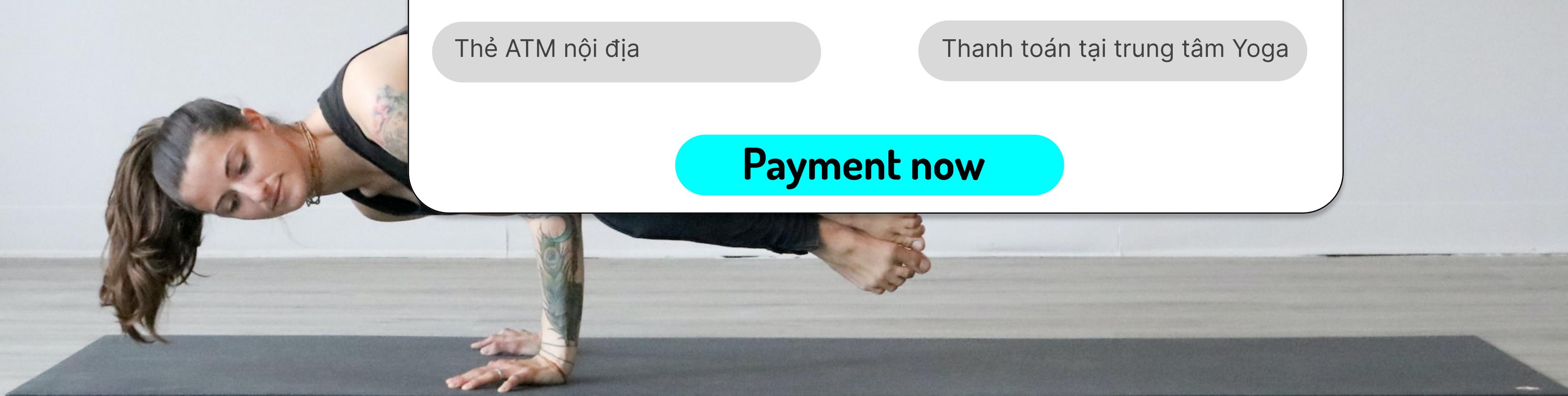
Enter your full name

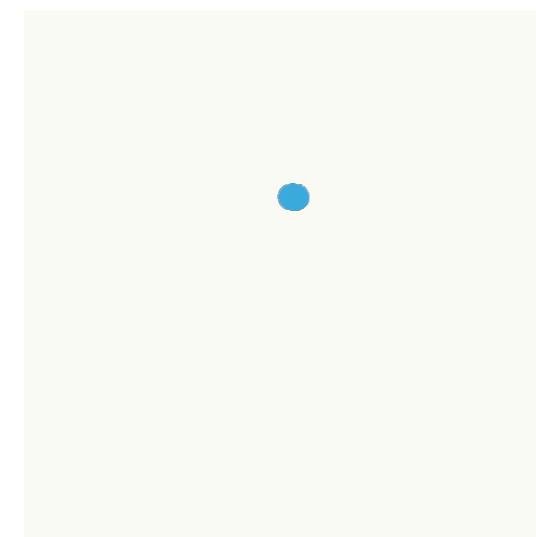
3. Choose your payment method

Thẻ ATM nội địa

Thanh toán tại trung tâm Yoga

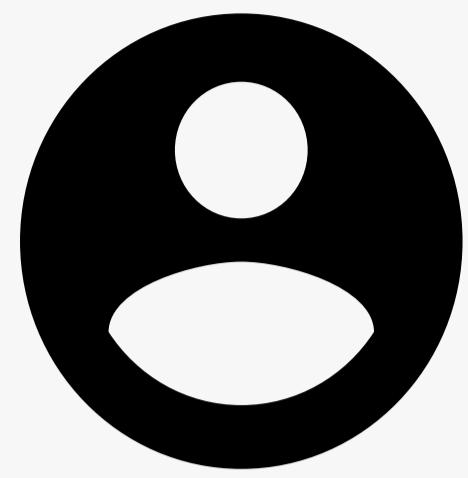
Payment now





Payment successful

Back



Tai Nguyen

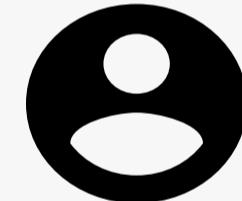
[View public profile](#)[Update Password](#)[History Payment](#)

PUBLIC PROFILE

Full Name

Email

- Please notify me about updates to my products.
- Please notify me of all offers granted to me.
- Please email me about new products and promotions.



Recommended dimensions of 100x100

[Change Avatar](#)

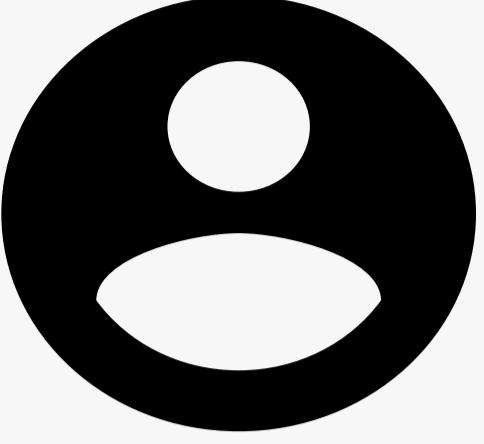
Avatar

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Tai Nguyen

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[Update Password](#)

[History Payment](#)

PUBLIC PROFILE

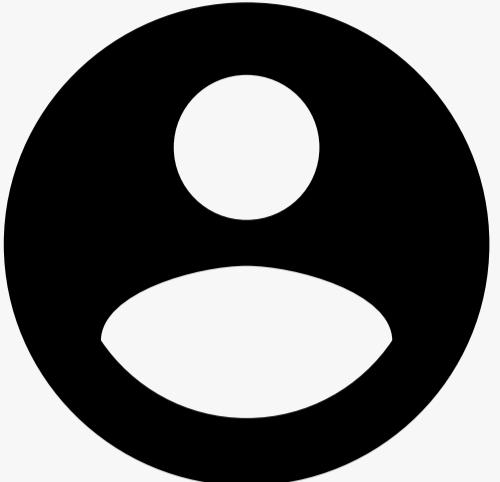
Current password

New password

Verify password

SAVE CHANGE





Tài Nguyễn

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Password

Purchase History

PUBLIC PROFILE

Price

Product

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Manage Users

ID	Email	Username	Phone	Role	Enable/Disable	Status	Create At
1	thiengk563@gmail.com	Hoang Thien	1371029309	Staff		Enable	27/05/2023
2	132@example.com	Kamlesh	0923781287	Instructor		Enable	27/05/2023
3	anhaminh1782002@gmail.com	Minh Nguyen	901273817	User		Enable	27/05/2023
4	vukhacduykh@gmail.com	Khø Kha	0237891823	User		Enable	27/05/2023

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Staff Manager

[Manage Semester](#)[Manage Course](#)[Manage Class](#)[Manage Slot](#)[Manage Member](#)[Manage Package](#)

This page is for Staff to navigate to other page



Manage Class

[Add new class](#)

ID	Class name	Slot	Course	Instructor	Days	Enable/Disable	Status	Action
1	P123	Slot 1	VINYASHA YOGA	Rajesh	Monday, Wednesday, Friday		Disable	<button>Update</button>
2	P456	Slot 1	YIN YOGA	Kamlesh	Monday, Wednesday, Friday		Enabled	<button>Update</button>
3	P789	Slot 2	HATHA YOGA	Singh	Tuesday, Thursday, Saturday		Enabled	<button>Update</button>
4	P1012	Slot 3	KUDALINI YOGA	Rajesh	Monday, Wednesday, Friday		Enabled	<button>Update</button>

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Manage Course

[Add Course](#)

ID	Semester name	Enable/Disable	Status	Action
1	HATHA YOGA		Disable	Update
2	VINYASA YOGA		Enable	Update
3	VINYASA YOGA		Enable	Update
4	KUNDALINI YOGA		Enable	Update

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Manage Slot

[Add Slot](#)

ID	Slot name	Start Time	End Time	Status	Disable	Action
1	Slot 1	7:30 AM	9:00 AM	Enabled	<input checked="" type="checkbox"/>	Update
2	Slot 2	9:30 AM	11:00 AM	Enabled	<input checked="" type="checkbox"/>	Update
3	Slot 3	12:30 PM	2:00 PM	Enabled	<input checked="" type="checkbox"/>	Update
4	Slot 4	2:30 PM	4:00 PM	Enabled	<input checked="" type="checkbox"/>	Update

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Manage Package

[Add new package](#)

ID	Premium name	Original Price	Discount Price	Duration By Months	Status	Disable	Action
1	Free Trial	0	0	0	Enabled	<input checked="" type="checkbox"/>	Update & Detail
2	Spring Flower	900000		1	Enabled	<input checked="" type="checkbox"/>	Update & Detail
3	Half Love	4500000		6	Enabled	<input checked="" type="checkbox"/>	Update & Detail
4	Big Deal	5200000		12	Enabled	<input checked="" type="checkbox"/>	Update & Detail

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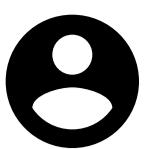
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Manage Semester

[Add Semester](#)

ID	Semestername	Start Date	End Date	Status	Disable	Action
1	FALL23	04/09/2023	12/12/2023	Enabled	<input checked="" type="checkbox"/>	Update
2	SUM23	08/05/2023	30/07/2023	Enabled	<input checked="" type="checkbox"/>	Update
3	SPR23	03/01/2023	18/03/2023	Enabled	<input checked="" type="checkbox"/>	Update
4	FALL22	04/09/2022	12/12/2022	Enabled	<input checked="" type="checkbox"/>	Update

[Back](#)



Manage Member

Search by name

Username	Email	Booking Date	Start Member Date	Expired Date	Status	Enable/Disable
Tam	tam123@example.com	05/07/2023	Not Yet	Not Yet	Pending	<input type="checkbox"/>
Kha	kha123@example.com	05/07/2023	05/07/2023	05/08/2023	Completed	<input checked="" type="checkbox"/>
Minh	minh123@example.com	05/07/2023	05/07/2023	05/07/2024	Completed	<input checked="" type="checkbox"/>
Tan	tan123@example.com	05/07/2023	05/07/2023	12/07/2023	Trial	<input checked="" type="checkbox"/>

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Manage Class

Add Class

Class name*

...

Slot*



Course*



Instructor*



Days*



Add

Cancel



Manage Course

Add New Course

Course name*

...

Description*

Will learn*

Requirement*

For who*

Images*

Add

Cancel



Manage Slot

Add Slot

Slot name*

...

Start Time*



End Time*



Add

Cancel

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Manage Package

Add Package

Package name*

...

Price Origin

Price Discount*

Benefit*

Rules*

Duration by Month*

Add

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Manage Semester

Add Semester

Semester name*

...

Start Date*



End Date*



Add

Cancel



Manage Class

Edit Class

P456

...

Slot 1



YIN YOGA



Rajesh

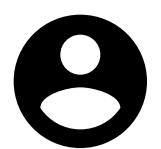


Monday, Wednesday, Friday



Update

Cancel



Manage Course

Update Course

HATHA YOGA

...

Hatha Yoga is a gentle and holistic yoga practice that combines physical postures, breath control, and meditation techniques.

Hatha Yoga emphasizes proper alignment in each pose to avoid injuries and maximize the benefits.

Open Mind and Willingness to Learn

For everyone

<https://example.com/1.png>

Update

Cancel



Manage Slot

Edit Slot

Slot 1

...

7:30 AM



9:00 AM



Update

Cancel

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Manage Package

Update Package

Big Deal

...

5200000

Price Discount

You will get all the benefits from Half Love package., You will able to join our special yoga class all daytime if it is available., You will get free 2 months .

Only apply in June

12

Update

Cancel



Manage Semester

Edit Semester

SUM23

...

08/05.2023



30/07/2023



Add

Cancel