

# ARCHETYPAL POSES —



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# ABOUT BODSPHERE

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Bodsphere is a leading Virtual Health & Wellness Platform creating memorable personalised Wellness experiences for individuals and groups. We integrate traditional Ayurveda, Yoga and Meditation with international wellness experiences, fitness and healthy organic cuisine to restore balance and harmony.

# MEET THE TRAINERS

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## SAMARTHYA BHATNAGAR

*Founder, Bodsphere*

With over 16 years of experience in the Health & Fitness Industry, Samarthya's teaching goes beyond intelligent alignment; moving any willing student to an introspective, holistic experience.

He comes with a bank of certifications from Europe, South East Asia, etc where he has been conducting his workshops on Yoga, Natural Fitness, Weight Loss Programs, etc.

He is renowned for his depth of study, his ability to present the complexities of ancient wisdom in a practical, life-affirming manner, as well as his unique capacity to distill the teachings with humor and grace.

He views the science and spirituality of Yoga as a path to explore our inner selves and elevate our consciousness, while creating a counter-balance to the stresses of modern life.





## PREETIKA BHATNAGAR

*Co-Founder, BodSphere*

With Over 21 Years of experience in Gymnastics & Yoga, Preetika is a wellness guide and a lifestyle trainer of present era, with the expertise in the field of Holistic Health through Mindfulness and Ayurveda. She has been an Indian National Level Gymnast (with over 100 awards & medals) as she trained under Dr. Kalpana Debnath (Arjuna Awardee), Sports Authority of India.

Preetika is a devoted Yogini and teacher who imparts her wonderful passion for life and well-being in her teaching. Her style pulls from multiple yogic disciplines, and is both intuitive and steeped in the traditional aspects of yoga.

Her mission in life is to inspire, elevate and educate as many people as possible, to encourage all to live to their fullest, most creative and most joyful potential.



# SHOELACE ARCHETYPE



# SADDLE ARCHETYPE





# CATERPILLAR ARCHETYPE





# DRAGONFLY ARCHETYPE



# SPINAL TWIST ARCHETYPE

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# DOWN DOG ARCHETYPE

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# DRAGON ARCHETYPE



# LET'S CONNECT

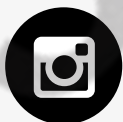
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