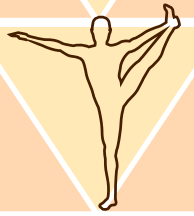




AMAR YOG
FOUNDATION



Amar Sant

Plot no.592, Sector 25, Pradhikiran Nigdi, Pune - 411044.

Mob. : 9545613936

E-mail : amaryoga29@gmail.com

There's a batch for everyone!

General batch (Beginners) : For both, men and women, this batch's duration is 1-hour. Participants must be over 16 years of age, and should not have any pre-existing serious health issues.

Senior Citizens' batch: This 1-hour batch is open to anyone over the age of 60, with normal health.

Children's batch: For youngsters in the age group of 8-15 years, this is a 1-hour session. They should not be having any serious health conditions.

Remedial batch: A mixed batch for men and women, this one is open to people with moderate health issues. The participants receive personal attention over the duration of 1 hour.

Intermediate & Advance batch: The eligibility criteria for this batch includes completion of the General batch (Beginners), having attended the sessions regularly over a year. The duration for this batch is 1 hour.

Pranayama batch: Those who have completed the General batch (Beginners) over a year, and have enrolled for the Intermediate batch, are entitled to join this 1-hour batch. They should be able to perform Shirshasana, Sarvangasana, Halasana and Setubandha Sarvangasana for at least 5 minutes, with/without props.

Admissions are open on the first day of every month.

Fees:

Admission fee	Rs 600/-
Per month charges for the following batches: General, Sr. Citizens, Children, Pranayama, Intermediate & Advance (ONCE A WEEK)	Rs 650/-
Remedial (ONCE A WEEK)	Rs 2000/-

Payment Mode:-

- Cash/Cheque/Online
- Payable to Amar Sant
- Fees to be paid in advance, either annually/bi-annually
- Fees once paid, are neither transferable/refundable



Yoga – a way of life!

A regular regimen of Yoga, helps enhance the immunity levels of the body. Yoga requires discipline, cleanliness and healthy eating habits. It is important to have an empty bladder and bowel before starting the Yoga practices. A regular bowel movement helps in keeping the body healthy and pure. Making it a regular morning ritual, aids in smooth movements of the asanas, and helps to grasp the finer nuances of each asana. Yogasana and Pranayama should be practiced on an empty stomach. A cup of tea/coffee or milk may be consumed an hour prior. If one wishes to practise in the evening, a minimum gap of 4 hours needs to be maintained after lunch. Post the Yogasana practise, a half an hour gap is advised before any intake of food.

Dress Code:

Clean, comfortable, light and loose clothing allows for free movements of limbs and also helps the skin breathe.

Men: Langot (loincloth) or athletic support or briefs, pair of shorts and T-shirt

Women: Underpants, bloomers, pyjama, or shorts, bra and T-shirt
Menstruating women should inform the teacher in advance.

Rules:

- Students to be present at least 5 minutes prior to class commencement
- Regularity and Punctuality are non-negotiable



Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
	4:45 am Medical Class			4:45 am Medical Class		
	5:45 am Intermediate 2	5:45 am Intermediate 2		5:45 am Intermediate 2	5:45 am Intermediate 2	5:45 am Intermediate 2
	7:00 am General Beginner	7:00 am General Beginner		7:00 am General Beginner	7:00 am General Beginner	7:00 am General Beginner
9:00 am Intermediate 1		9:00 am Intermediate 1	9:00 am Intermediate 1		9:00 am Intermediate 1	9:00 am Intermediate 1
10:15 am Remedial Batch		10:15 am Remedial Batch	10:15 am Remedial Batch		10:15 am Remedial Batch	
	12:00 pm General Beginner			12:00 pm General Beginner		12:00 pm General Beginner
		6:00 pm General Beginner		6:00 pm General Beginner		6:00 pm General Beginner
		7:00 pm Children Class				7:00 pm Children Class
8:00 pm General Beginner	8:00 pm General Beginner		8:00 pm General Beginner	8:00 pm General Beginner	8:00 pm General Beginner	

