

UTAMBERTM YOGA INSTITUTE

ISO 9001 : 2015 Certified

YOGA CLASSES & WELLNESS CENTER



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Hatha Yoga classes

(Special classes for children and youth to lead them on the path of self-discovery.)

The word 'Yoga' literally means yoking together or binding together. The word 'Hatha' is derived from the Sanskrit words 'Ha' meaning Sun and 'tha' meaning moon. Hence, Hatha Yoga literally translates to the bringing together of the masculine and the feminine energies within us. Balance, Poise, Coordination – what can be better than to gift this ancient wisdom to children and youth today – the times they need it most.



Pranayama and Meditation sessions (Therapeutic Yoga)

Pranayama – meaning breath control is an ancient Indian technique that benefits the person doing it in innumerable ways. Rejuvenation of cells, tissues, organs, neurons; stress relief, mental balance and emotional control – all such benefits are evident from consistent practice of Pranayama.

Meditation when practiced with Pranayama leads to a truly relaxing overall state of mind and heart.



Yoga Teacher Training Course (Level I and Level II)

The YTTC at Utamber Yoga offers Level I and Level II certification course of 200hrs and 500hrs respectively. The course is certified by WYA and YAI.

The course will train you in the practical and theoretical frameworks of Hatha Yoga and Therapeutic Yoga while empowering your Yoga practice for years to come.

Contact us for more details



Hatha Yoga Classes (for adults)

With over 10 years of experience, Yoga Guru Karan Singh specializes in personalized hatha yoga sessions. The center imparts quality and traditional yoga system which include asanas, pranayama, dietary and life style counseling for a holistic wellbeing.

Weight loss, thyroid, joint pain, gas, stress and other such ailments can be cured with target specific practices under the experienced guidance of Yoga Guru Karan Singh.

Yoga Guru himself inspects the progress of every student and pays attention to the physical postures of the student as they do their asanas daily in morning & evening yoga classes.



Full Moon - Chandra Namaskar

The word chandra means 'moon'. The sequence of asanas is the same as Surya Namaskar except that Ardha Chandrasana, the half moon pose is performed after Ashwa Sanchalanasana. Whereas the twelve positions of Surya Namaskar relate to the 12 zodiac or solar phases of the year, the 14 positions of Chandra Namaskar relate to the fourteen lunar phases.



Key Features

- Different breathing techniques
- Power of OM (Mantra Chanting)
- Different meditation techniques
- Daily personalized counseling as per yogi by Yoga teacher
- Pregnancy Yoga



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