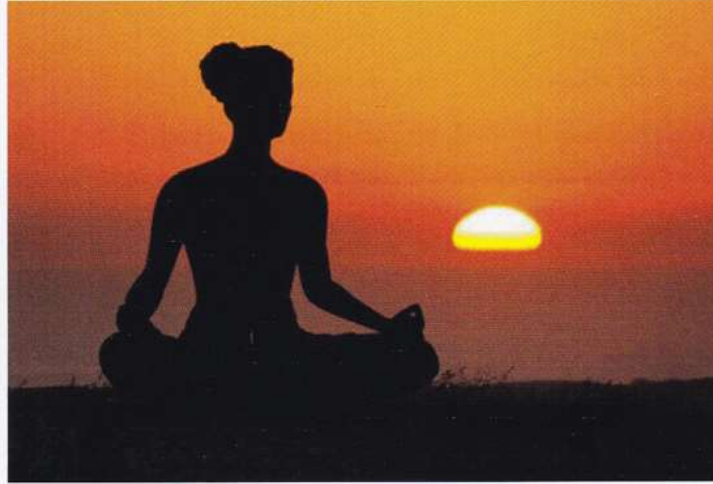




Madras Club

## Morning Yoga with *Mamta Nichani*



Three Classes a Week  
**Tuesday, Thursday and Saturday**  
between 7.30am and 8.30am  
**Rs. 2,800 (plus GST) a month**

It might seem like a modern trend, but yoga is not only a physical exercise, it's also about life balance, training your mind, body and breath as well as connecting with spirituality.

What I have to offer is a yoga session based on the principles of the Iyengar yoga as well as combination of Bihar school of yoga and Vinyasa styles. These Styles of yoga focus on strengthening, flexibility, body alignment and most importantly it helps with the general maintenance of the body and mind which helps in helping you discover yourself more.



*Mamta Nichani holds a Bachelor of Arts degree in Psychology from Bangalore University, Post Graduate degree in Yoga from University of Physical Fitness and Naturopathy, Chennai. She has worked at Yoga Mission in Chennai and she has been a freelance instructor for the last six years.*

To enrol, please call Ravi at Madras Club Gymnasium +919444422337

P. B. Biswajit Babu  
Member-in-charge, Gymnasium