



Heal • Balance • Transform

YOGA CLASSES

&

SOUND HEALING SESSIONS

Feel The Flow. Embrace The Stillness.

Mindful Movement. Deep Rest. Inner Harmony.



Move Your Body



Calm Your Mind



Heal Your Energy



Transform Your Life

YogaWithJigisha.com

Book A Free Demo Class Today!



Join Now!

+91-9900873472

JIGISHA PARIKH

Founder & Registered Yoga Teacher (RYT200)



ONLINE CLASSES
WORLDWIDE



GROUP & INDIVIDUAL
CLASSES



SOUND HEALING &
CHAKRA HEALING



ALL LEVELS
WELCOME

OFFLINE YOGA CLASSES

at SNN RAJ SERENITY, BANGALORE



Hatha Yoga



Wheel Yoga



Stick Yoga



Chair Yoga



Meditation



Pranayama



Sound Healing

SPECIALIZED YOGA PROGRAMS



PRE-NATAL YOGA

Safe & supportive practices for a healthy pregnancy, strength & relaxation



POST-NATAL YOGA

Rebuild strength, improve flexibility & support recovery



KIDS YOGA

Fun, engaging & mindful practices for focus, posture & confidence

BENEFITS OF PRACTICE

- ✓ Reduces Stress & Anxiety
- ✓ Improves Flexibility & Strength
- ✓ Enhances Energy & Immunity
- ✓ Improves Posture & Balance
- ✓ Supports Better Sleep
- ✓ Emotional Balance & Well-being
- ✓ Mental Clarity & Focus

WHAT WE OFFER



Yoga Classes

Group & Individual Sessions For All Levels



Sound Healing Sessions

Deep Relaxation with Healing Frequencies



Chakra Healing

Restore Balance, Awaken Your Energy

MY CERTIFICATIONS

- ✓ Registered Yoga Teacher (RYT200) Yoga Alliance, USA
- ✓ Certified Sound Healing Meditation Teacher
- ✓ Certified Pre-Natal Yoga Trainer
- ✓ Certified Post-Natal Yoga Trainer

- ✓ Certified Kids Yoga Trainer
- ✓ Certified PCOS and PCOD TTC Course for Yoga Teachers
- ✓ Certificate of Completion – Advanced Pranayama, Mudra and Meditation Course

- ✓ Certified Yoga Volunteer – The Yoga Certification Board, Ministry of Ayush, Govt. of INDIA

CLASSES WE OFFER



Yoga



Sound Healing



Chakra Healing



Meditation



Pranayama



Pre-Natal Yoga



Post-Natal Yoga



Kids Yoga

BOOK YOUR SPOT TODAY!

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Feel The Flow.
Embrace The Stillness.
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CORPORATE YOGA

Wellness at Work. Balance in Life.



CORPORATE SOUND HEALING

Restore Balance. Elevate Well-being.