

7 days Beginners course A Stepping Stone for Bringing Yoga to your Life



Location

South East, Middlesex<https://www.freeadsz.co.uk/x-376011-z>

Doing something new is extremely difficult for us human beings. The reason is that we do not like the change, in spite, of the fact that change is always happening. The same happens when you want to introduce Yoga in your life. You will tend to shy away giving an excuse that it is too difficult for you. Keeping this in mind Ojashvi Yogashala has designed the 7 day Yoga introduction program for beginners. After going through this training, you are ready to go to the next level. The next level is the 200 hour Yoga teacher training in Rishikesh at our ashram situated on the banks of the holy Ganges.

Course Fee : 1450 \$

Contact Us

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