



YOGA FOR TEENS

Elixir for Students.....



Importance of Teens Yoga

- **Helps in developing creativity.**
- **Boosts self-confidence.**
- **Improves concentration, & attention**
- **Yoga helps in reducing stress levels.**
- **Controls depression and mood disorders.**
- **Improves the activity of thyroid gland.**
- **Hormonal imbalances are corrected.**
- **Improves the functioning of digestive system, thereby improves the vitamins absorption.**
- **Improves professionalism.**

 Das Bild kann zurzeit nicht angezeigt werden.

Results Speak for Themselves



- If someone adopts the knowledge of this course then the door to perpetual improvement opens wide and wider day by day. Those who find themselves in a confused state, negativity, exhausted state of body and mind, sleeplessness, inferior complexity etc.
- This program is a boon for teenagers to come out of day to day stress and achieve their goals in life very easily and lead a happy life .

OUR SERVICES

- **Yogasana**
- **Pranayama**
- **Meditation**



OUR SERVICES

- ❖ Diet consultation
- ❖ Mental Health check-up
- ❖ Psychiatrist consultation
- ❖ Personality Development



FEE STRUCTURE

Particulars	Amount
Registration fee	500-00
Yoga & Diet Consultancy academy Psychiatrist consultation Ayurveda Doctor Consultancy	3500-00 five days in week (1 month)



THANK YOU