

All the Rates given below are in Rupees only

No.	Category	Daily	Daily (one on one basis)	Monthly	Quarterly	Half Yearly	Yearly	Avg. Per Month/pp (without tax)
1	POWER YOGA – INDIVIDUAL	250	610	2060	5560	9870	17280	2060/1853/1645/1440
	POWER YOGA – *COUPLE		485	1920	5145	9050	15630	1920/1715/1508/1302
2	TRADITIONAL YOGA – INDIVIDUAL	220	560	1650	4530	8230	14810	1650/1510/1372/1234
3	ANTENATAL YOGA	210		1930				
4	FACE YOGA	410	850					
5	YOGA- FOR KIDS	270		970 (4-5 Sessions)	2470 (12-14 Sessions)			270/194/176
6	KICK-BOXING	320		1930 (8 Sessions)	4800 (24 Sessions)			320/241/200

**All the above fees are per person*

GST applicable on above ratesw.e.f. 02/09/2019

Schedule of Yoga sessions held at Saifee Hospital

Category	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRADITIONAL YOGA	10.30 am	6.30 pm	10.30 am	6.30 pm	10.30 am	6.30 pm	
POWER YOGA	7.15 am		7.15 am		7.15 am		
ANTENATAL YOGA	11.30 am		11.30 am		11.30 am		
KIDS YOGA				4.00 pm		4.00 pm	
KICK BOXING			7.15 pm 8.30 pm		7.15 pm 8.30 pm		10.30 am

For further information:

15 / 17 Maharshi Karve Marg, Mumbai - 400 004. • **Telephone: 022 67570111, Extn.: 756, 754**

Fax: 022 67570777 • E-mail: write@saifeehospital.com • website: www.saifeehospital.com

*Each session will be of one hour duration
Dress Code: T-shirt & Track Pant*

Yoga / Kick-boxing



NABH Accredited

HEALTH CENTRE



SAIFEE HOSPITAL
under the auspices of Saifee Hospital Trust Reg. No. E-5448 (Bom)

**Complementary & Alternative
Medicine Department**



**HEALTH through fitness
and holistic approach**

Yoga is a scientific system of physical and mental practices that originated in India more than three thousand years ago. The purpose of Yoga is to help each one of us in achieving our highest potential and experiencing long-lasting health and happiness. With Yoga, we can extend our healthy, productive years far beyond the accepted norm and, at the same time, improve the quality of our lives.

Traditional Yoga

Traditional Yoga means a complete science of one's mind, body and spiritual health. The goals of yoga are varied and range from improving health to achieving happiness. Its holistic approach helps you to be happier in tune with natural life and free from bad habits that lead to various illness. One must do Yoga regularly to help heal the body, develop mental concentration and strengthen spirit.

Power Yoga

Power Yoga is also known as Dynamic Yoga. As the name suggests, **'Power'**, Power Yoga is a fast paced and strenuous exercise. It helps burn calories, fight obesity and lose weight. It gives more importance to strength and elasticity of the body.

Aspects of YOGA are vast and varied

Asanas - Beginning with body- it gives flexibility, stamina and strength.

Pranayam - Helps one breathe deeper and better.

Meditation - Soothes and calms the mind.

HEALTH WISE
PERSONALITY
HEIGHT
MENTAL ABILITY
CREATIVITY

" A special class for Kids / Students is designed which helps in their overall development."

Meditation

Meditation means awareness. **"Watching one's own breath"** is meditation. Effective meditation makes one free from all distractions. It makes one feel at peace with one's own surroundings.

Lying down on the ground in a totally relaxed way brings calm & peace to the mind.

**YOGA – the perfect MBA for life –
Mind – Body – Alignment**

Kick boxing / Muay thai

It's an art, science, self-defense technique and a sport. Muay Thai is known as the art of eight limbs as it makes use of eight points of contact – elbows, knee strikes (**using foot jabs and straight kicks**) as well as punches. It's a high-power cardio routine that's great for weight loss and getting in shape.

Personalized attention with limited members in every batch

Yoga postures release muscle tension and aid relaxation through the movement of muscles.

Daily yoga practice harmonize your mind, body and spirit and help to engender the feeling of contentment and total well being