

The Yoga House

<https://www.indiamart.com/theyoga-house/>

Yoga is an ancient system of philosophy, lifestyle and techniques that evolves the whole person, the physical, the vitality, the mind and emotions, wisdom, ethics and a higher quality of relationships, and the realization of the spiritual reality of ...



About Us

Yoga is an ancient system of philosophy, lifestyle and techniques that evolves the whole person, the physical, the vitality, the mind and emotions, wisdom, ethics and a higher quality of relationships, and the realization of the spiritual reality of each of us.”

-Swami Niranjan Housing a yoga studio, a shop and a health food cafe, the concept of The Yoga House has been designed to share a system of living based on authenticity and awareness. Our aim is to provide our guests with a better understanding and respect of the body and mind, to help them to participate more actively and joyfully in their daily life. We consider Yoga to be the most valuable Indian inheritance of the present and believe it is an essential need of today. The Yoga House food concept is a subtle combination of cutting-edge macrobiotic recipes and ancient dietary wisdom and traditions. Located in a tranquil bungalow in Bandra West, The Yoga House is the ideal spot to unwind and detoxify in Bombay. It offers various classes of traditional styles of yoga conducted by a group of experienced qualified and dedicated teachers.

For more information, please visit

<https://www.indiamart.com/theyoga-house/aboutus.html>



OTHER SERVICES



Ayur-Yoga



Hatha Yoga

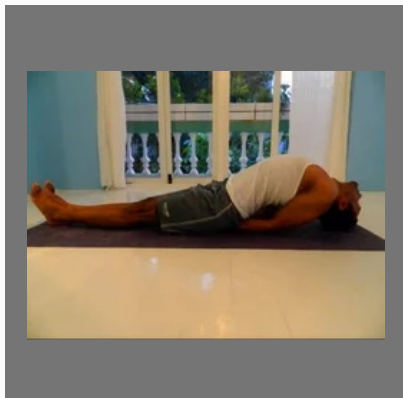


Iyengar Yoga

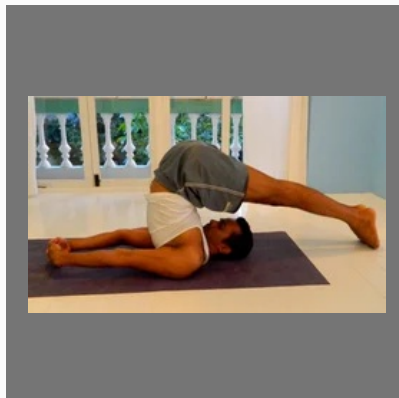


Pranayama

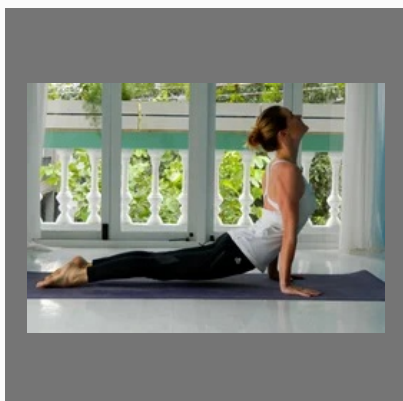
OTHER SERVICES:



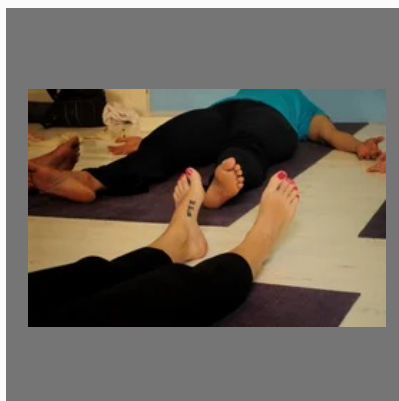
Satyananda Yoga



Sivananda Yoga



Vinyasa Flow



Yoga Nidra

Factsheet

Nature of Business

:Service Provider



CONTACT US

The Yoga House

Contact Person: Manager

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Bengaluru - 560038, Karnataka, India



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