

## SINCE 2014

# GOD GIFT YOGA & NATURE CURE CENTER KARO YOG RAHO NIROG



Yoga Gur<mark>u</mark> Chitranjan Kr. Singh Asana, Pranayama, Meditation Yoga Nidra, Ayurvedic & Naturopathy Group Classes / Personal Classes / Corporate Classes





## **Executive Summary**

God Gift Yoga is an ancient discipline that explores, develops, and integrates the body,mind, and spirit. Yoga systematically stretches and strengthens muscles throughout the body, increases circulation to internal organs and glands, quiets the nervous system, and improves concentration. This ancient system of self-care brings vitality, health, deep relaxation, and peace of mind.

God Gift Yoga Center offers classes throughout the year and monthly workshops. The Yoga Center features well-trained, professional instructors,progressive teaching methods, a non-competitive and encouraging atmosphere, and a beautiful light-filled facility.

## **About God Gift Yoga**

God Gift Yoga is one of the largest and most innovative yoga training companies in the world. We were founded on the idea that modern yoga must be taught with both eastern spirituality, and west

ern methodology. We are rooted in high-touch, in-person yoga with deep human. With the revolution of live online Yoga, we can now offer the amazing energy of our studio and teachers to people all over the Bangalore.

## Mission & Vision

This section outlines the Company's mission statement, core values and the core reasons that the Company exists.



### **Vision Statement**

To provide an eco-friendly healing arts center and retreat space that includes lodging, movement and recording studios, healthy food options on site and an eco-conscious boutique.

God Gift Yoga maintains an environment for relaxation, play, adventure, and creativity, through classes, workshops, custom

retreats, and adventure tours. The Company is committed to excellence in customer service and continually aims to inspire.

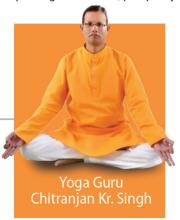
#### **Core Values**

God Gift Yoga core values are centered on a commitment to excellence in service, products and experience. Core values are integrity, eco-consciousness, artful expression and playfulness.



### Vision

To create a fun and transformative experience for guests and students while improving their health, prosperity and overall sense of well-being.



## **About Yoga Guru**

Yoga Guru Chitranjan Kr. Singh, founder of The God Gift Yoga Center, is one of best Yoga leading teacher. He conducts workshops and teacher trainings nationally, and has previously established yoga training center in Bhuvaneshwari Nagar, Bangalore. He founded and co-developed the God Gift Yoga & Nature Cure Center in Bangalore. Chitranjan Kr. Singh is a certified yoga instructor.

## **Our Yoga Services**

"Yoga is the journey of the self, through the self, to the self."

The purpose of yoga is to build strength, awareness and harmony in both the mind and body.

Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. Regular yoga practice creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind, centers attention, and sharpens concentration.





Asana

Pranayama

Meditation







Ayurvedic & Naturopathy

### **Our Valuable Clients**

Patel in Resort (Summer Vacation)

Sathya English Public School Sultanpalya RT Nagar Dr. B.R Ambedkar Medical College & Hospital, Bengaluru

# THANK YOU

#### CONTACT US

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