



GROWTH VIDHYAPEETH

transforming lives



Email ID : Info@growthvidhyapeeth.com

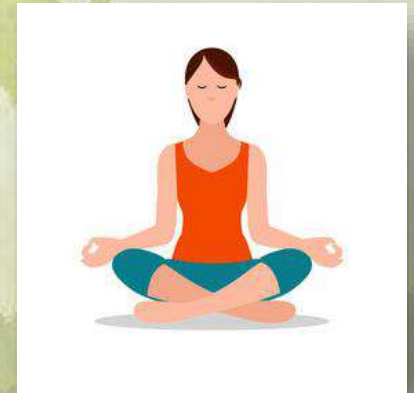
WhatsApp : +91 9768478089



YOG VIDHYAPEETH

With Latesh Shah : Founder – Chairman – Yoga Trainer

With Gajendra Sonar : Certified Yoga Trainer





MODULE



Lower Body



Upper Body



Pranayam And Breathing



Meditation



Stretch Yoga



Balanced Diet



Fun Yoga



Energetic Yoga



Mindfulness



Benefits Of Yoga

Improved sleep

Weight reduction

Increased flexibility

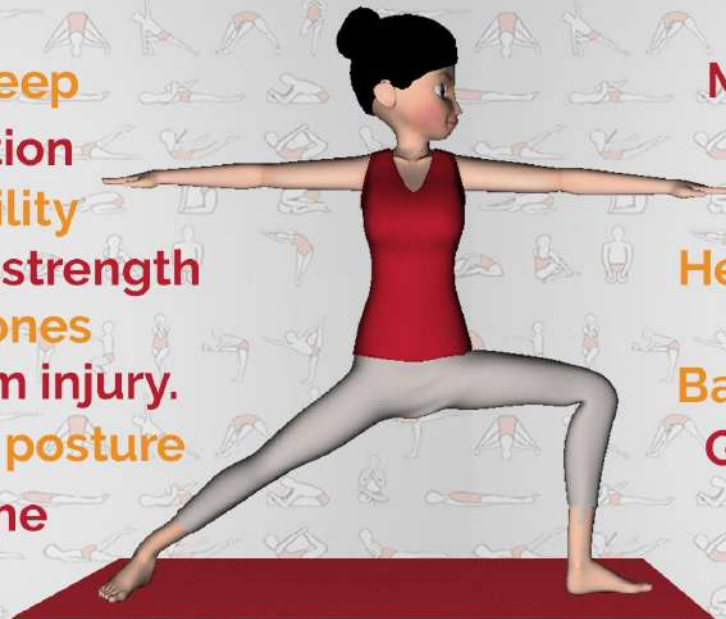
Increased muscle strength

Strengthened bones

Protection from injury.

Perfects your posture

Protects spine



Makes you happier

Helps you focus

Improved digestion

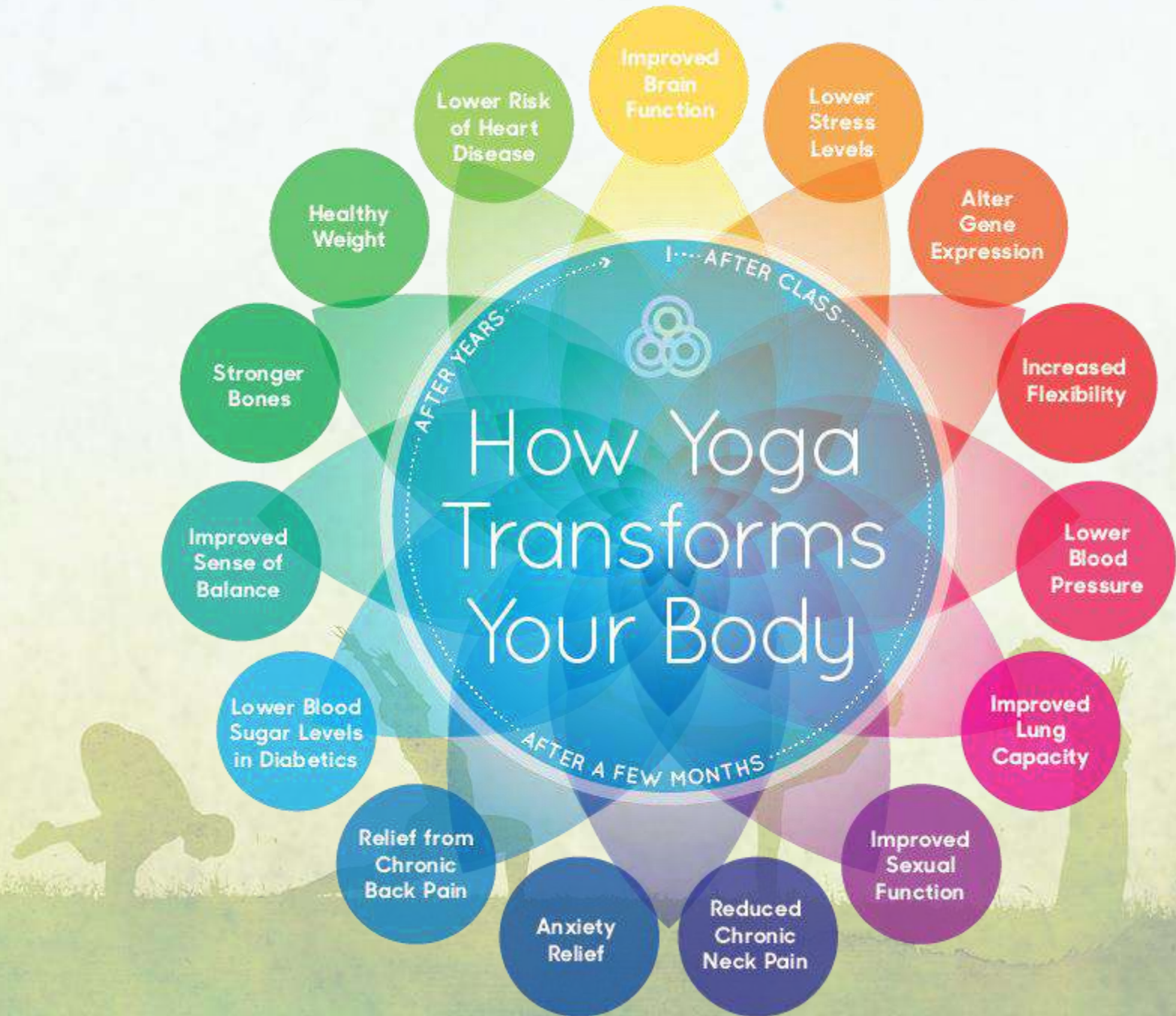
Helps keep you drug free

Increases blood flow

Balanced metabolism

Gives inner strength

Energy regulation





SHRI LATESH SHAH

FOUNDER-CHAIRMAN

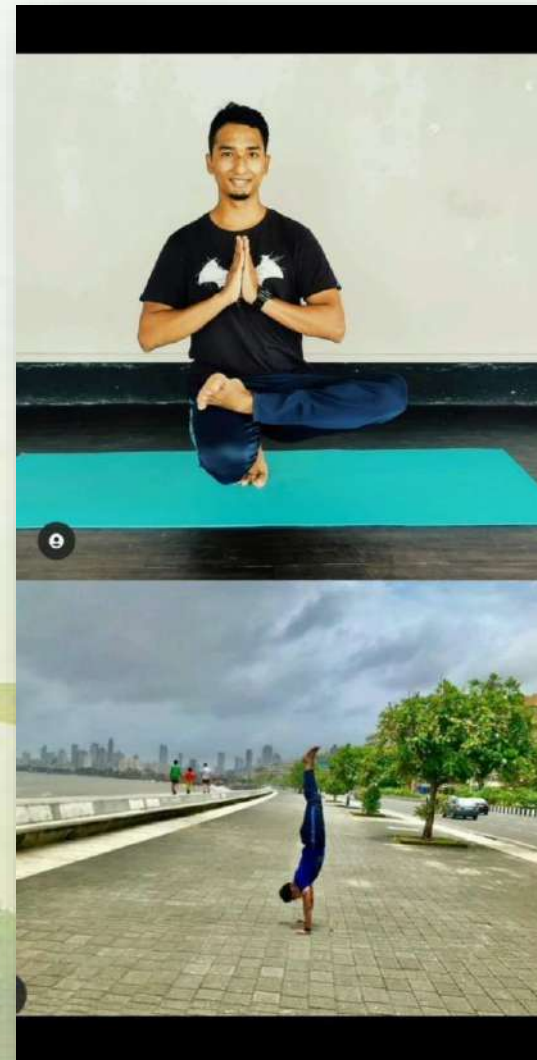


- ✓ Human Builder, Visionary, Transformer
- ✓ Life & Relationship Coach
- ✓ Awarded as Best Citizen Of India
- ✓ Awarded as World Peace Ambassador
- ✓ Agriculturist
- ✓ Writer – Actor – Director – Producer
Consultant & Counselor
- ✓ Yog Guru, Master Healer, Mindfulness
Teacher, Ved Expert



GAJENDRA SONAR

Certified Yoga Trainer & Practitioner





MRS. SHANTI GALA

**Meditation & Therapeutic Yoga Expert
Specializes in Senior Citizen Yoga**





MRS. VIRTA GADA

Yoga Expert & Practitioner
Hatha Yoga and Ashtang Yoga Expert





PARTICIPANTS LOVE





PARTICIPANTS LOVE

+91 96199 29777

~Snehal Raut

Thank all 🥰 Happy Yoga Day 😍
8:40 AM



+91 99705 60449

~Hiba Shaikh

Thank you it was amazing
8:41 AM



+91 98105 07667

~Lokeshh S

Thank you so much Latesh Sir
Thankyou so much Gajendra sir
Thank you so much Shaanti ma'am
Thank you so much Sana ma'am
For amazing beautiful n wonderful sessions



8:41 AM



+91 74030 03127

~mrprathap

It was a great session. Thank you WHDC
team
9:06 AM

+91 92234 61309

~Mina

Sanaji, please give me essential tips in detail
for keeping good health in day-today life. I will
be highly obliged to you..
9:08 AM

+91 98920 77002 left

+91 98192 85522

~Bhavna

Thank you Latesh Sir
Thankyou Gajendra sir
Thank you Shaanti ma'am
Thank you Sana ma'am, it was very
informative n wonderful session.

Thanks a lot to all 🙏🙏

9:10 AM



FEATURES

1. 12 Yoga Sessions



**FOCUSED
APPROACH**

**PERSONAL
ATTENTION**



3000/-



2. Personal Consultation call With Trainers



**Gajendra
Sonar**



**Shanti
Gala**



**Virta
Gada**

3000/-



3. Diet Consultation Session with Dr. Sana Shaikh (Nutrition & Dietician Expert)



3000/-



ALL OF THIS WHEN SUMMARIZED

12 yoga session	3000
Personal Consultation call With Trainers	3000
Diet Consultation Session	3000
Total	9000

~~Total = 9000/-~~

~~1 Month Membership = 1500/-~~

NEW YEAR OFFER = 950/-

NEW YEAR OFFER



Batch 1
Mon - sat
6am - 7am

Batch 2
Mon - sat
7am - 8am

1 month = ~~1500/-~~ 900/-
3 month = ~~4500/-~~ 2500/-

Batch 3
Mon - wed - sat
11am - 12am

1 month = ~~1950/-~~ 750/-
3 month = ~~2850/-~~ 2000/-



Batch 4
Mon - sat
7pm - 8pm



NEFT/RTGS

Lets Get Together Foundation
Saraswat Bank Account -
006100100103068
Madhukendra - Dadar (W)
IFSC: SRCB0000006



@9930321591





THANK YOU

