

# MAHAYOGI GORAKHNATH

## MAHARISHI PATANJALI YOG SANSTHAN BHARATVARSH

S.R ACT, 1860 U.P. GOVERNMENT (REG. NO. 04308/2018-2019) C.R.ACT, 1957 GOVT. OF INDIA (REG. NO. 14401/2018)

|| CERTIFIED BY UNIVERSAL YOGA ALLIANCE, ID- UYA0064 || LIFE TIME MEMBER OF WORLD YOGA ALLIANCE, ID- 148 ||

**This organization is certified under sections 12A and 80G**

**Head Office- Agaganj, Tikri, Ayodhya, Uttar Pradesh-224195**

**Email: [mgmpysb@gmail.com](mailto:mgmpysb@gmail.com) Website: [www.mgmpysb.org](http://www.mgmpysb.org)**



## APARTMENT YOGA PROGRAM



# 1. About Organization

## Introduction to Organization

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan is established under **S.R. Act 1861** with **Registration No.- 4308/2018-2019 of Government of Uttar Pradesh (workspace- All India)** and **C.R. Act, 1957 of Government of India** with **Diary No.- 14401/2018**. Also, the organization has been registered under **sections 12A and 80G**. The organization is a lifetime member of the World Yoga Alliance, **School Id- 148**, and a registered Yoga school from Universal Yoga Alliance, **School Id UYA0064**.

The organization is working pan India with its 20,000+ Yoga Teachers, Yoga Therapist, Dieticians, Nutritionists, and Doctors, also are expanding overseas. The headquarters of the **Organization is at Agaganj - Tikari-Ayodhya (U.P)-224195, India**.

The organization is providing diploma and certification courses and services in form of workshops, seminars, and webinars to corporates, societies, educational organizations, and individuals with 100% quality assurance. So far, the **organization has branches in every state and city of India, in the form of Virtual and Physical Centres**. The centers are certified and registered on our portal so anyone can search and get benefited through them.

## Mission & Vision

Mahayogi Gorakhnath Maharishi Patanjali Yoga Sansthan an institution that has emerged as medicine for humanity in the present times has come before all of us. To improve the civilization of human life, Mahayogi Gorakhnath Yoga Institute has been started by India in the field of Yoga. In view of the need of the present times under this campaign, we have given a new life to Yoga and Naturopathy in the heritage of our Indian culture. But yoga is also being expanded in rural areas. The objective of our institute is to remove the expenses of the common people at the present time and to provide longevity by providing good health to the general public at a low cost through Yoga therapy, for which they also need to depend on others. Are not. He himself can learn this alternative medicine and adopt it regularly in his life. Realizing the importance of mental health along with physical health, the biggest reason for the deterioration of mental health at the present time, which is achieved due to lack of employment, is to overcome it by providing employment. We welcome all of you as members of our family in this the institution that all of you should also be a part of this mission and extend your cooperation with all of us by extending our support in this new revolution of yoga.

**All donation is exempted from Income Tax under section 80 - G**



## ***Why Apartment yoga?***

### **Don't have time to hit the yoga studio? Don't worry!**

You can easily summon your inner yogi within the cozy vicinity of your own apartment. It is possible to learn yoga right at your home without spending extra effort rushing to get to the class on time. Offering yoga means you care about the health and wellness of your residents. **Apartment Yoga** is also an inexpensive investment for the return- more leases and higher renewal rates! As you know, when residents are happy with their living arrangements, they are more likely to stay in one place!

By the end of your apartment yoga session, we'll ensure that you experience the same inner bliss and emotional wellness.

### ***What do you need?***

- Create a community who wants to do yoga
- Prepare a list of the number of people.
- A quiet, clean and well-ventilated space.
- Concentration, focus and determination to practice yoga

### ***Who is this session for ?***

- Housewives and mothers
- Fitness enthusiast who wants to add an extra edge to their health.
- Busy working professionals

## ***Our Services includes***

- **Well trained professional Yoga teachers and instructors.**
- **Every class will have Yoga practice for rejuvenation followed by Pranayama and Meditation for relaxation and inner – energization.**
- **Practice that can also be done by the candidates at home or if on leave.**
- **Sustained performance improvement**
- **Higher levels of enthusiasm and joy for work and life**
- **Good work-life balance**
- **Performance Enhancement**
- **Stability**
- **Stress Management**
- **De-addiction program**
- **Good Health**
- **Leads to Overall joy and happiness.**





## Our Session prices:

First Format - Weekly two sessions within the suitable timing (Minimum 8 sessions in 1 month, 48 sessions in 6 months, 96 sessions in 12 months)

Number of Candidates	Offline pittance / session	Online pittance / session
1 - 25	₹ 1300	₹ 1100
26 - 51	₹ 1600	₹ 1400
52 - 79	₹ 1800	₹ 1600
80 - 120	₹ 2000	₹ 1800

We have more than **20,000+** Yoga Trainers across the country, to serve your all the branch offices.

**Note - We also provide health camps, doctor consultations, diet charts, and cultural programs on demand from time to time as we have 20,000 + volunteers across the country to serve in your all branches with the same quality.**



[mgmpysb@gmail.com](mailto:mgmpysb@gmail.com)



[www.mgmpysb.org](http://www.mgmpysb.org)

