



## **ARKAYA CLASS @ SAGAR HOT YOGA - SAN JOSE**

**MINDFUL LIVING CLUB**

### **Dedicated To Community Health**

An organization committed to promote community awareness about the connection between healthy lifestyle and good health, and educate individuals to overcome their barriers to good health and provide cost effective solutions

Bushra Singh, the founder is a Passionate advocate and an innovator in holistic health and chronic care management. She is a Certified DPP & FMD Coach and Arkaya Yoga Teacher, dedicated to empowering individuals and communities to achieve optimal health through mind-body connection.

## **Arkaya Yoga Class**

### **A LIGHT THAT HEALS**

**THIS ROUTINE FOCUSES ON DETOXING AND REPAIR YOUR BODY & FIGHT DISEASE**

- **IMPROVE THE FLEXIBILITY**
- **DETOX AND RESET**
- **REPLACE THE OLD ENERGY PATTERN BY CREATING NEW PATHWAYS FOR ENERGY**
- **NO INITIAL YOGA EXPERIENCE IS REQUIRED. WEAR COMFORTABLE CLOTHES**
- **BRING BLANKETS AND PILLOWS WITH YOU TO RELAX.**
- **STAY BACK FOR DETOXING TEA AND TO TASTE SOME "REAL FOOD" NOURISHING SAMPLES**
- **GROUP PRICE: (PRIVATE SESSIONS PRICING AVAILABLE ON REQUEST)**

**1 SESSION - \$20  
4 SESSIONS - \$75  
10 SESSIONS - \$160**

**BRING INNER AWARENESS AND  
TAP YOUR BODY'S OWN POWER  
TO NOURISH AND REJUVENATE**

Register at Mindbody App  
(Sagar Hot Yoga)

[www.mymmlclub.com](http://www.mymmlclub.com)



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