



MINDFUL

• YOGA STUDIOS •



Breathe • Balance • Belong

Welcome to Mindful Yoga Studio



At Mindful Yoga Studio, we believe
yoga is more than physical exercise.

It is a practice of slowing down, becoming
present, building strength, calming the mind,
and creating a lifestyle of balance.

Whether you're stepping onto the mat
for the first time or deepening your practice,
this space is designed to support your
journey with intention, community
and compassion.



The Mindful Experience



Maple wood studio with a peaceful ambience



Soft instrumental music before class



Candle-lit meditation sessions



Premium yoga props



Thoughtfully curated playlists



Workshops & community gatherings



A calm, non-competitive environment



Guidance from Vidya Arora



A space to breathe, balance and belong



Our Classes



Hatha Yoga



Ashtanga Yoga



Vinyasa Flow



Iyengar Yoga



Meditation



Pranayama



Restorative Yoga



Mobility &
Flexibility



Inversion
Workshops

For every body. For every level.



What You'll Experience



Small Personalized Classes



Traditional Yoga with
Modern Understanding



Guided Meditation



Breathwork & Pranayama



Mindfulness Practices



Sound Healing Sessions



Yoga Nidra



Mobility & Flexibility Training



Strength Building



Beginner to Advanced Programs



Monthly Workshops

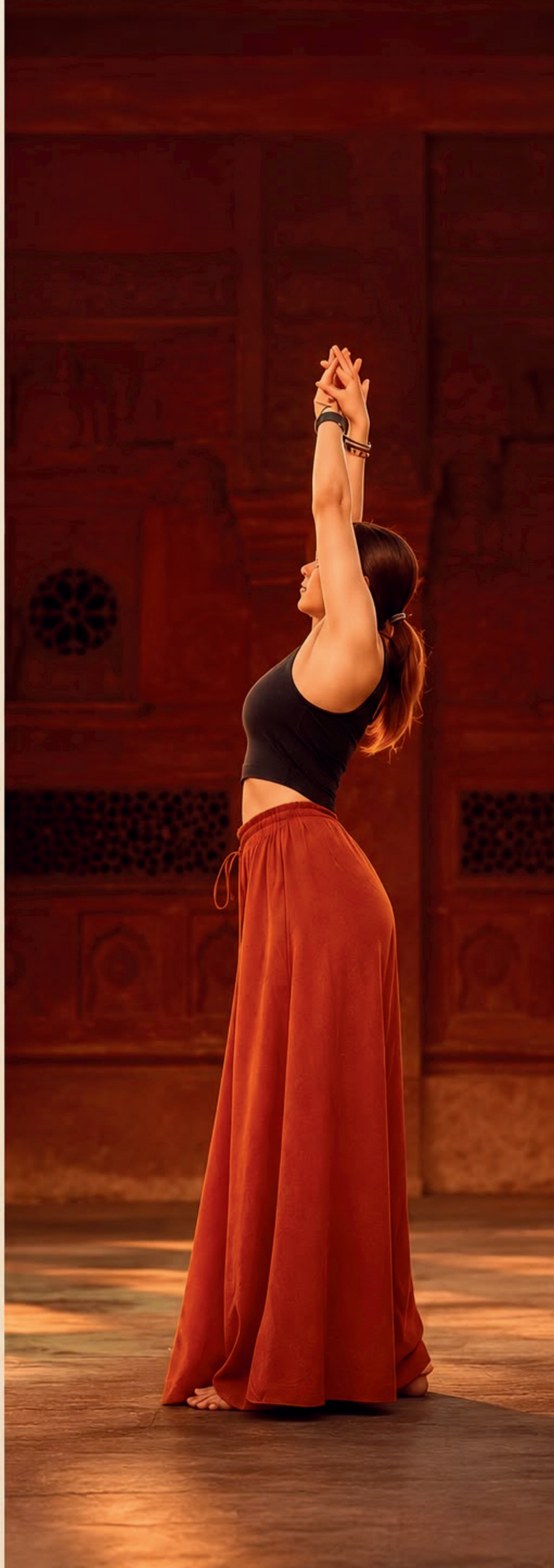


Community Events



Peaceful Studio Ambience

*A journey to a stronger body,
calmer mind and a happier you.*



Included with Every Membership



Initial
Assessment



Personalized
Guidance



Safe
Alignment



Small Batch
Classes



Calm Studio
Ambience



Traditional Yoga
Philosophy



Mindfulness
Practices



Breathwork &
Meditation



Supportive Yoga
Community

*“Yoga is not about touching your toes,
it’s about what you learn
on the way down.”*



Membership Plans



LOTUS SEED

3 DAYS / WEEK

MONTHLY	₹ 2,499
QUARTERLY	₹ 6,999
HALF YEARLY	₹ 12,999
YEARLY	₹ 23,999

INCLUDES

- Hatha, Ashtanga, Vinyasa & Iyengar Yoga
- Guided Meditation
- Pranayama
- Small Batch Classes
- Progress Guidance
- Community Events



LOTUS BLOOM

5 DAYS / WEEK

MONTHLY	₹ 3,499
QUARTERLY	₹ 9,999
HALF YEARLY	₹ 17,999
YEARLY	₹ 33,999

INCLUDES EVERYTHING IN

LOTUS SEED +

- More Weekly Classes
- Workshop Discounts
- Priority Class Booking
- Monthly Progress Review
- Exclusive Community Sessions



LOTUS GRACE

UNLIMITED CLASSES
(5 DAYS / WEEK)

MONTHLY	₹ 5,000
QUARTERLY	₹ 13,000
HALF YEARLY	₹ 24,000
YEARLY	₹ 45,000

EXCLUSIVE BENEFITS

- One Child Membership Free
- Priority booking for Workshops
- Priority booking for Retreats
- 2 Complimentary Meditation or Sound Healing Sessions
- 2 Complimentary Guest Passes (subject to availability)
- Unlimited Yoga Classes
- Personalized Guidance
- Premium Community Events
- Early Access to Special Programs



“Yoga is not about touching your toes, it's about what you learn on the way down.”





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