



Ekreeti

Creatives

YOGA PROGRAM

Inhale
Peace,
Exhale
Stress.



ABOUT THE COURSE

A step-by-step yoga program designed to improve your physical health, mental well-being and inner peace. Learn, practice and grow with Ekreeti Creatives! Yoga for a strong body, calm mind and happy life.

Be Healthy!

WHAT YOU WILL LEARN

- Learn yoga postures (asanas) step-by-step
- Improve flexibility, strength & balance
- Practice breathing techniques (pranayama)
- Reduce stress & improve concentration
- Build a healthy lifestyle & inner peace



BENEFITS



Improves
Flexibility &
Posture



Reduces Stress
& Anxiety



Boosts Immunity
& Energy



Enhances Focus
& Concentration



Promotes Mental
Peace & Happiness

COURSE LEVELS (6 LEVELS)

LEVEL
1
BEGINNER



YOGA FOUNDATIONS

- Introduction to Yoga & its benefits
- Basic postures (Asanas)
- Body alignment & breathing
- Relaxation techniques
- Daily yoga routine

OUTCOME

- Understand yoga basics
- Improve flexibility
- Develop body awareness
- Feel relaxed & refreshed

PRACTICE / PROJECT

- Sun Salutation practice
- Basic asanas sequence
- Breathing awareness

LEVEL
2
FOUNDATION



STRENGTH & FLEXIBILITY

- Standing & sitting postures
- Balance & stretching poses
- Breathing techniques (Pranayama)
- Core strength exercises
- Meditation introduction

OUTCOME

- Improve strength & balance
- Enhance flexibility
- Better breathing control
- Reduce stress

PRACTICE / PROJECT

- Asana flow practice
- Pranayama practice
- Guided meditation

LEVEL
3
INTERMEDIATE



INTERMEDIATE PRACTICE

- Advanced asanas
- Backbends & twists
- Surya Namaskar variations
- Breathing & relaxation
- Yoga for healthy living

OUTCOME

- Build stamina & flexibility
- Improve posture
- Increase focus
- Better mind-body connection

PRACTICE / PROJECT

- Asana sequence practice
- Breathing techniques
- Yoga journal

LEVEL
4
ADVANCED



ADVANCED PRACTICE

- Advanced posture variations
- Inversions & arm balances
- Advanced Pranayama
- Yoga Nidra (deep relaxation)
- Mindfulness practice

OUTCOME

- Achieve better control
- Improve concentration
- Deep relaxation
- Emotional balance

PRACTICE / PROJECT

- Advanced asana flow
- Pranayama practice
- Yoga Nidra session

LEVEL
5
EXPERT



EXPERT PRACTICE

- Challenging asanas
- Long hold & endurance poses
- Advanced meditation
- Lifestyle & diet awareness
- Teaching practice

OUTCOME

- Develop discipline & focus
- Increase physical endurance
- Mental clarity
- Healthy lifestyle habits

PRACTICE / PROJECT

- Advanced sequence
- Meditation practice
- Lifestyle plan

LEVEL
6
YOGA
MASTERY



YOGA MASTERY & LEADERSHIP

- Mastery of asanas & pranayama
- Yoga philosophy (Yamas & Niyamas)
- Teaching methodology
- Leading classes & adjustments
- Personal transformation

OUTCOME

- Achieve inner peace
- Inspire & guide others
- Lead with confidence
- Complete well-being

PRACTICE / PROJECT

- Teach a yoga session
- Final assessment
- Personal growth plan



Holistic
Well-being



Mind & Body
Connection



Strength &
Flexibility



Stress Relief



Healthy
Lifestyle



Inner Peace
& Balance

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

