

SKM YOGA CLIENT'S MANUAL



YOGA : A SPIRITUAL PROCESS

We invite you to explore the true essence of yoga and embark on this spiritual journey with us. As your trusted yoga instructors, we are committed to providing you with the necessary tools, knowledge, and guidance to delve deeper into the practice. Together, we can elevate our yoga practice beyond the physical realm and experience its transformative power on a spiritual level.

we would like to shed light on the true essence of yoga, as it is often misconstrued as a mere physical exercise. Allow us to assure you that yoga is much more than that; it is a spiritual journey that connects us with the divine. While many of you may associate yoga primarily with asanas, it is important to understand that they are just a part of the vast and transformative practice of yoga. Yoga encompasses a holistic approach towards achieving mental, physical, and spiritual well-being. It delves deep into the realms of spirituality and self-realization, acting as a bridge between oneself and the divine. Through yoga, we embark on a spiritual process that not only strengthens our physical body but also nurtures our soul. It provides us with a sacred space where we can explore the depths of our inner selves and find solace in the divine presence. By cultivating mindfulness, breathing techniques, and meditation, we can attain a state of inner tranquility and harmony. We, as your dedicated yoga instructors, believe in the power of this ancient practice to bring about profound transformations in our lives. We have witnessed countless individuals, just like yourselves, experience a renewed sense of purpose, enhanced mental clarity, and a heightened connection with the divine through their yoga journey. In light of this, we encourage you to embrace yoga as a spiritual process, allowing it to guide you towards a deeper understanding of yourself and your purpose in this vast universe. Let go of any preconceived notions and open your heart and mind to the infinite possibilities that yoga offers. We are here to support and guide you in your spiritual yoga journey, providing you with the necessary tools, knowledge, and expertise to help you tap into the true potential of this magnificent practice. Together, let us embark on this transformative journey and experience the profound benefits that yoga brings to our lives. Thank you for your trust and commitment towards your well-being. We look forward to accompanying you on this remarkable journey towards spiritual growth and self-discovery.

ABOUT SKM YOGA

SKM Yoga, is one of the leading yoga brands in the industry. Our headquarters are based in Noida, and we take immense pride in being registered with various parameters of the Indian government under Section 8 Companies.

We are excited to take this opportunity to introduce you to SKM Yoga, one of the leading yoga brands in the industry. Based in Noida, SKM Yoga has been operating since 2011, gaining extensive experience and establishing ourselves as the best in the Noida yoga market. We take immense pride in our professionalism and dedication to the art of yoga. As a testament to our commitment to excellence, we are registered with various parameters of the Indian Government under Section 8 Companies. This recognition reflects our compliance with the highest industry standards and our unwavering dedication to providing you with the best possible yoga experience. At SKM Yoga, we understand the importance of physical and mental well-being. Our team of highly skilled and certified instructors is dedicated to guiding you on your path to wellness. We offer a wide range of yoga classes tailored to suit various needs and preferences, ensuring that you find the perfect practice for your individual journey. Whether you are a beginner or an experienced practitioner, SKM Yoga provides a welcoming and inclusive environment for all. Our state-of-the-art facilities are designed to create a serene and tranquil atmosphere, allowing you to fully immerse yourself in the practice of yoga. Additionally, we offer personalized sessions, workshops, and retreats to deepen your understanding and enhance your yoga experience. Our aim is to empower you with the knowledge and tools necessary to lead a balanced and fulfilling life. We are confident that SKM Yoga will exceed your expectations and help you achieve your wellness goals. With our expertise and passion for yoga, we are committed to supporting you every step of the way on your path to a healthier and happier lifestyle.

CLASS TIME



Following careful consideration and feedback from our esteemed community, we have made a few adjustments to the structure of our classes. Effective immediately, our SKM Yoga classes will now be conducted for a duration of 1 hour. We believe that this time frame allows for a balanced and fulfilling yoga experience, ensuring maximum benefits for both your physical and mental well-being. To enhance your practice and provide a comprehensive approach, we have divided our classes into four sections. These sections are as follows: 1. Mantra and Warm-up: This initial segment will focus on centering yourself, connecting with your breath, and preparing your body for the practice ahead. 2. Asana: The main part of the class will consist of various asanas (yoga postures) aimed at strengthening and stretching your muscles, improving flexibility, and promoting overall physical health. 3. Pranayama: In this segment, we will guide you through various breathing exercises to help you harness and control your life force energy, allowing for deeper relaxation and heightened focus. 4. Meditation: The class will conclude with a peaceful meditation session, providing a space for you to integrate the physical and mental aspects of your practice and find inner stillness. We are confident that these changes will further enrich your yoga journey and provide you with a well-rounded experience. Our experienced and dedicated instructors will ensure that each class is tailored to meet your individual needs and aspirations.

DRESS CODE

we highly recommend dressing comfortably for our yoga classes. Your choice of clothing should facilitate free movement, be breathable, and allow you to fully engage in the practice. By adhering to these guidelines, we can ensure a safe and enjoyable experience for all participants.

yoga is not only a physical exercise but also a practice that promotes mental and spiritual well-being. It is crucial to create an environment where you can fully immerse yourself in the practice without any distractions or discomfort. In order to ensure a smooth and enjoyable experience for everyone, we kindly request that you adhere to the following dress code guidelines for our yoga classes:

- 1. Comfortable Clothing:** Please wear clothing that allows for a full range of motion. Loose-fitting tops, stretchy pants or shorts, and breathable fabrics are highly recommended. Avoid wearing restrictive or tight clothing that may hinder your movements.
- 2. Appropriate Footwear:** Yoga is typically practiced barefoot, as it allows for better stability and connectivity with the ground. However, if you prefer to have some support for your feet, non-slip yoga socks or soft-soled shoes are acceptable.
- 3. Minimal Accessories:** We kindly request that you minimize the use of accessories such as heavy jewelry, belts, or watches during the classes. These items can be distracting and may interfere with your practice.
- 4. Personal Hygiene:** Please ensure that you are clean and odor-free before attending the yoga classes. This will not only contribute to a pleasant environment but also show respect for your fellow practitioners. By adhering to these guidelines, we believe that you will have a more fulfilling and transformative yoga experience. Our instructors are committed to providing you with the best possible guidance and support, and your cooperation in maintaining an appropriate dress code will greatly contribute to this. Thank you for your attention to this matter. We appreciate your dedication to your yoga practice and look forward to seeing you in our upcoming classes.



PREWORKOUT AND POST WORKOUT

These Guidelines May differ for various people



As your trusted yoga instructors, we are delighted to provide you with guidelines for pre and post-workout yoga sessions to enhance your overall fitness journey. Pre-Workout Guidelines: 1. Hydration: It is essential to hydrate your body adequately before every yoga session. Drink at least 8-10 ounces of water 30 minutes before starting your practice. 2. Nutrition: Opt for a light snack, such as a piece of fruit or a handful of nuts, to fuel your body with the necessary energy. 3. Attire: Wear comfortable, breathable clothing that allows for unrestricted movement. Avoid heavy fabrics that may hinder your practice. 4. Warm-up: Engage in a gentle warm-up routine, including stretching exercises, to prepare your body for the yoga session. 5. Mental Focus: Take a moment to quiet your mind and set an intention for your practice. This will help you stay focused and get the most out of your workout. Post-Workout Guidelines: 1. Cooling Down: After your yoga session, allow your body to gradually cool down. Perform gentle stretches and deep breathing exercises to promote relaxation and recovery. 2. Rehydration: Drink water or a hydrating beverage to replenish the fluids lost during your workout. 3. Rest: Give your body ample rest to allow it to recover and recharge. Avoid strenuous activities immediately after your yoga session. 4. Nutritious Meal: Consume a well-balanced meal within an hour of completing your yoga practice. Include protein, carbohydrates, and healthy fats to support muscle recovery. 5. Self-Care: Engage in self-care activities such as taking a warm bath, practicing mindfulness, or indulging in a soothing massage to further enhance the benefits of your yoga session. We encourage you to incorporate these guidelines into your pre and post-workout routine to maximize the benefits of your yoga practice. Remember, consistency is key in achieving your fitness goals, and we are here to support you every step of the way.

NECESSARY EQUIPMENTS

Yoga Mat , Water Bottle , Towels & Other Necessary Items



To ensure a fulfilling and comfortable yoga experience, it is essential to have the following yoga equipment: 1. Yoga mat: A high-quality yoga mat provides the necessary support and grip during your yoga practice, allowing you to move and balance with ease. 2. Water bottle: Staying hydrated is crucial during your yoga sessions. Having a water bottle nearby will help you replenish your fluids and maintain optimal performance. 3. Yoga bricks: These sturdy props assist in maintaining proper alignment and deepen your stretches. They are particularly beneficial for beginners or those working on flexibility. 4. Yoga wheel: Designed to enhance backbends, improve flexibility, and increase core strength, the yoga wheel is a versatile tool that adds a new dimension to your practice. 5. Yoga strap: This prop aids in achieving proper alignment, especially in poses that require reaching or binding. It helps increase flexibility and allows you to deepen your stretches gradually. If your yoga practice incorporates shatkarma (purification techniques), it is essential to have the necessary elements for these practices. Likewise, if you partake in havan (fire rituals), having the appropriate parts for the ceremony is crucial. At SKM YOGA, we understand the importance of providing our clients with the best yoga experience possible. Hence, we recommend investing in these essential yoga equipment pieces to enhance your practice and maximize your benefits.

REGISTRATION



ONLINE & OFFLINE REGISTRATIONS AVAILABLE

At SKM Yoga, we believe in the power of yoga to transform lives. Our dedicated team of experienced instructors is committed to providing you with the highest quality yoga classes, tailored to your individual needs and preferences. Whether you are a beginner or an experienced practitioner, we have a wide range of classes that will suit your level and help you progress on your yoga journey. To ensure the smooth running of our classes and to provide you with the best possible experience, we kindly request a registration fee of 100 Rupees. However, I would like to assure you that this fee is not solely for administrative purposes. In line with our commitment to creating a positive impact in the community, we will be donating the entire registration fee to a reputable NGO. By registering with SKM Yoga, you are not only investing in your own well-being but also supporting a worthy cause. To register for our classes, simply visit our website WWW.SKMYOGA.COM and follow the registration process. Our user-friendly interface will guide you through the steps, ensuring a hassle-free registration experience. Upon successful registration, you will receive a confirmation email with all the necessary details regarding your chosen class, schedule, and payment methods. Should you have any questions or require further assistance, please do not hesitate to contact our friendly customer service team at [insert contact details]. We are here to help and guide you throughout the registration process. Thank you for considering SKM Yoga as your yoga destination. We are confident that our classes will exceed your expectations, leaving you feeling invigorated, centred, and ready to take on any challenges that come your way.

FEES PAYMENT



YOUR FEES IS NOT JUST A FEES , YOUR FEES IS SOMEONES HOPE FOR ENTIRE MONTH

At SKM Yoga, we value your commitment to your health and well-being, and we strive to provide you with the best possible yoga experience. To ensure that we can continue to offer you high-quality classes and maintain the standards you have come to expect from us, we kindly request that fees be paid in advance after one trial class. We understand that everyone's financial situation may not be the same, and we are here to support you. If you are economically challenged, we offer the option to pay your fees in two parts. However, we urge you to consider that your fees represent someone's hope for the entire month, upon which a trainer's family may depend. We kindly request that you respect this fact and make every effort to fulfil your financial obligations. To streamline our financial processes and ensure transparency, we request that all payments be made through the designated account or in cash. We believe that having a record of your payment will enable us to address any potential issues more effectively and efficiently. Your cooperation in adhering to the payment policies mentioned above is greatly appreciated. By doing so, you not only contribute to the sustainability of SKM Yoga but also help us maintain our commitment to providing you with an exceptional yoga experience.

ESCALATION LEVELS



As valued members of the SKM Yoga community, your satisfaction is of utmost importance to us. We understand that from time to time, you may encounter certain issues or have concerns that require immediate attention and resolution. Rest assured, we have established a comprehensive escalation system to ensure that your concerns are addressed promptly and effectively. We encourage you to reach out to the appropriate contact based on the nature and severity of your issue. For any concerns that you may be facing, we kindly request you to first get in touch with our City Head. You can do so by sending an email to [SKMYoga\(CityName\)@gmail.com](mailto:SKMYoga(CityName)@gmail.com). Our City Head will be well-equipped to assist you and provide the necessary guidance to resolve your concern. Should your issue remain unresolved or require further attention, please feel free to escalate it to our core team by contacting us at SKMYog@gmail.com. Our dedicated team will prioritize your concern and work towards finding a satisfactory resolution in a timely manner. In rare cases where your concern may require intervention at a higher management level, we have two esteemed individuals whom you can contact. Dr. Shivam Mishra, at drshivammishrayoga@gmail.com, and Rishikant Mishra, at rishikantmishr@gmail.com, are both part of our higher management team. They possess the expertise and authority to address complex matters and ensure that your concerns are escalated appropriately. We want you to know that your satisfaction is our top priority, and we are fully committed to providing you with the highest level of service and support. We encourage you to reach out to us whenever you face any issues or concerns, as we are here to assist you every step of the way.

GET IN TOUCH WITH MANGEMENT



DRSHIVAMMISHRAYOGA@GMAIL.COM | SHIVAM@SKMYOGA.COM
RISHIKANTMISHR@GMAIL.COM

At SKM Yoga, we understand that issues or concerns may arise from time to time, and we want to assure you that we are here to help. Your feedback is important to us, and we encourage you to reach out to us if you are facing any challenges or have any queries. Whether it's a problem with a class schedule, an inquiry about our services, or any other matter that requires attention, please do not hesitate to get in touch with our management team. We have dedicated professionals who are ready to assist you and ensure that your concerns are addressed promptly and effectively. To facilitate a seamless resolution process, we kindly request you to inform us about any issues or concerns you may have. This can be done by simply replying to this email or by contacting our customer support team at [contact information]. Rest assured, we will prioritize your query and get back to you at the earliest convenience. Our goal is to provide you with the exceptional service you deserve. We appreciate your trust in SKM Yoga and assure you that we will do everything possible to resolve any issues and exceed your expectations.

REVIEWS AND RECOMMENDATIONS



Start a forum on the website and post a link on the main page to encourage user participation.

We have always strived to provide you with exceptional service and deliver on our promises. As part of our ongoing efforts to improve, we are now seeking your reviews and recommendations to your acquaintances, friends, and colleagues who may benefit from our services. Your feedback and endorsement hold immense value to us. By sharing your positive experiences and recommending us to others, you not only help us grow but also contribute to the success of those who may benefit from our offerings. Your recommendation can make a significant difference in someone's life or business journey. We kindly ask you to take a few moments to write a review or provide a recommendation about your experience with us. Whether it's on our website, social media platforms, or through direct referrals, your endorsement will help potential clients make informed decisions when choosing a service provider. Rest assured that your privacy is of utmost importance to us. If you prefer to keep your recommendation confidential, kindly let us know, and we will ensure that it remains strictly between us.