


SKM YOGA TEACHERS PROFILE



2024

At SKM Yoga, we understand that everyone's yoga journey is unique. That's why we offer a wide range of trainers, and teachers, to suit different needs and preferences. Whether you're looking to deepen your practice, become a certified yoga instructor, or simply explore the ancient wisdom of yoga, or any physical problem we have a wide range of professionals for you.





ABOUT SKM YOGA

SKM YOGA

SKM Yoga is the leading yoga brand in India. With its headquarters based in Noida, SKM Yoga has been a prominent player in the yoga industry since its establishment in 2012. Our brand is renowned for its multidimensional yoga training programs, catering to individuals of all ages and fitness levels. At SKM Yoga, we believe that yoga is not just a physical exercise, but a holistic approach to achieving overall well-being. This belief has driven us to develop comprehensive training modules that focus on the mind, body, and spirit. Our expert instructors are well-versed in various yoga styles, ensuring that our students receive a well-rounded and enriching experience. What sets SKM Yoga apart from other brands is our commitment to providing personalised attention to each student. We understand that everyone's journey is unique, and our instructors are trained to tailor their teachings to meet individual needs. Whether you are a beginner or an advanced practitioner, we have a program that will challenge and inspire you. In addition to our regular yoga classes, SKM Yoga also offers specialized workshops and retreats. These immersive experiences provide a deeper understanding of the ancient practice and allow participants to connect with like-minded individuals. Our workshops cover a wide range of topics, including meditation, pranayama (breathing exercises), and yoga philosophy. Furthermore, SKM Yoga is dedicated to promoting the benefits of yoga beyond our classes. We actively engage in community outreach programs, partnering with schools, corporates, and non-profit organizations to spread awareness about the transformative power of yoga. Our aim is to make yoga accessible to all, irrespective of their background or financial status.

Vision

At SKM Yoga, our vision is to provide the best yoga training in the industry, specifically tailored to meet the needs and preferences of our clients. We understand that each individual has unique requirements when it comes to practising yoga, and we are committed to offering a wide range of programs and classes to cater to these diverse needs. Our aim is to ensure that every client receives personalized attention and experiences the incredible benefits of yoga in their own way.

Mission

01

We are determined to establish ourselves as a leading force in the yoga industry, setting new standards of excellence and innovation. With our team of highly qualified and experienced instructors, state-of-the-art facilities, and a strong focus on customer satisfaction, we are confident that we can achieve this goal.

02

We believe that yoga has the power to transform lives, both physically and mentally. It is not just a form of exercise but a holistic practice that promotes overall well-being. Our dedication to delivering exceptional yoga trainings is driven by our passion for helping individuals achieve their health and wellness goals, and ultimately, lead happier and more fulfilling lives.

03

we believe that our commitment to continuous improvement and staying up-to-date with the latest industry trends sets us apart from the competition. We constantly strive to enhance our offerings and explore innovative approaches to yoga practice, ensuring that our clients receive the most effective and rewarding experience.

04

We are confident in our ability to achieve these goals, thanks to our team of highly skilled and experienced yoga instructors. They bring a wealth of knowledge and expertise to the table, ensuring that our clients receive the best possible training and guidance on their yoga journey.



TEACHERS TYPE



01 PERMANENT TEACHERS

we have our permanent yoga teachers who form the backbone of our institution. These dedicated individuals bring years of experience and wisdom to their classes, providing students with a strong foundation in yoga practice.

02 AD HOC TRAINERS

we also have ad hoc yoga teachers who bring a fresh perspective and unique teaching styles to our yoga sessions. They help us keep our classes dynamic and exciting, ensuring that our students never get bored with their practice.

03 GUEST LECTURERS

we often invite guest lecturers who are renowned in the field of yoga to share their expertise with our students. These guest lecturers bring a wealth of knowledge and a different perspective, offering valuable insights and techniques that enrich our students' yoga journey.

04 REGISTERED TRAINERS

we have registered trainers who specialize in specific yoga styles or techniques. These trainers have undergone rigorous training and have acquired certifications that make them experts in their respective areas. They conduct specialized workshops and classes to help our students deepen their understanding of yoga.

TEACHERS TYPE



01 Certificate Holders

At SKM Yoga, we understand that every client has unique requirements and preferences. Some clients have a limited budget and possess basic knowledge of yoga. For such individuals, we have a dedicated team of yoga certificate holders who excel in guiding and teaching the fundamentals of yoga.

02 Yoga Graduates

For clients who are willing to invest a bit more in their yoga journey, we have yoga graduates. These teachers have a deeper understanding of the practice and can provide more advanced techniques and customised routines to enhance their experience.

03 Yoga Masters

We also have master's degree holders who specialize in complex cases where a more profound knowledge of yoga is required. These teachers are well-versed in advanced yoga therapy and can assist clients in achieving their specific goals, whether it be physical or mental well-being.

04 PhD in Yoga

Last but not least, we have PhD holders who are experts in the field of yoga. They are usually involved in deep research or deep yoga practices. These teachers are particularly suitable for clients who require yoga therapy or are interested in pursuing teacher training programs at SKM Yoga.

TEACHERS TYPE



01 Freshers

we have freshers who are eager to share their passion for yoga and are available at affordable rates. Their charges are 500 INR per class per hour for Indian clients and 20 USD for international clients.

02 5+ Years Experience

For those seeking teachers with more experience, we have a group of professionals with 5+ years of expertise. Their classes are priced at 600 INR per class per hour for Indian clients and 25 USD for international clients.

03 10+ Years Experience

Additionally, we have teachers with 10+ years of experience who have honed their skills over the years. Their charges are 750 INR per class per hour for Indian clients and 30 USD for international clients.

04 15+ Years Experience

Lastly, we have highly experienced yoga gurus with over 15 years of practice. Their wealth of knowledge and expertise is invaluable. The charges for their classes are 1000 INR per hour for Indian clients and 50 USD per hour for international clients.

CLASSES TYPE



We have Multiple class types as per customer need and satisfaction

At SKM Yoga, we understand that different individuals have different preferences and requirements when it comes to their yoga practice. That is why we have designed multiple types of yoga classes to cater to the diverse needs of our students.

PERSONAL CLASS

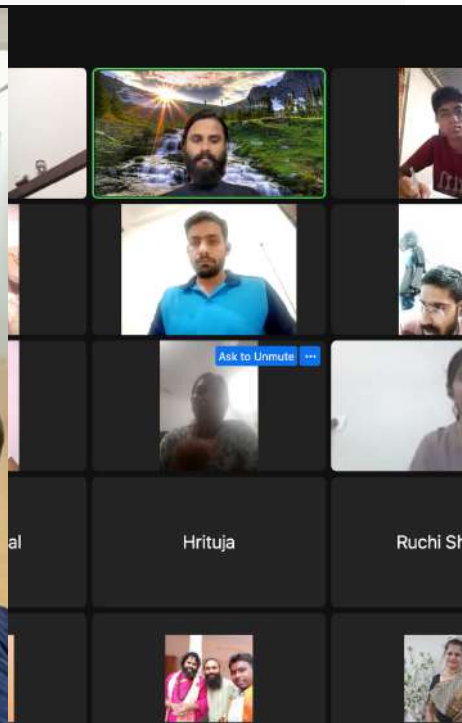
At SKM Yoga, we believe in providing personalized attention to our clients. That is why we offer Personal Classes, where one to two students can participate. Our experienced instructors will work closely with you to tailor the sessions according to your specific requirements and goals.

GROUP CLASS

we also offer Group Classes for those who prefer a more social and interactive environment. Please note that the charges for Group Classes may vary depending on the size of the group. For groups consisting of 5 to 10 people, we have Group A. For groups of 10 to 20 people, we have Group B. Similarly, for groups of 20 to 50 people, we have Group C, and for groups of 50 or more, we have Group D. You can find the detailed price list for each group in our attached Price List PDF.

ONLINE CLASS

we understand the importance of accessibility in today's digital age. That is why we also offer Online Classes for both national and international students. Our virtual sessions are designed to provide the same level of expertise and guidance as our in-person classes, ensuring that distance is no barrier to achieving your yoga goals.



CLASSES TYPE

With a team of highly skilled and passionate instructors, we guarantee a safe and enjoyable yoga experience for all our participants. Our classes are tailored to suit different skill levels, ensuring that everyone can benefit from the practice.

Corporate Yoga

With our corporate yoga classes, we aim to help professionals like yourself combat stress, depression, and tension. Our experienced instructors will guide you through various yoga techniques that are specifically designed to alleviate these common workplace issues.

Society Class

We also offer society classes for multiple societies and their groups. We believe that yoga is for everyone, regardless of age or background. Our society classes provide a platform for individuals to come together, connect, and experience the numerous benefits of yoga as a community.

NGO or SHGs

SKM Yoga is committed to giving back to society. We offer yoga classes for self-help groups and NGOs, catering to the needs of the less fortunate. We firmly believe that yoga has the power to transform lives, and through these classes, we hope to make a positive impact on those who are in need.



TEACHERS SELECTION



TYPES OF TEACHERS AT SKM YOGA

At SKM Yoga, we understand that different individuals have different preferences and goals when it comes to practicing yoga. That is why we have curated a diverse range of classes to cater to all needs. Whether you are a beginner or an advanced practitioner, we have something for everyone.



TRAINERS

These experienced individuals are well-versed in teaching yoga and have a deep understanding of various yoga techniques.



JUNIOR PRACTITIONER

Working closely with our trainers, these teachers have undergone extensive training and are equipped to guide you through your yoga journey.



MASTER TRAINER

Our master trainers have years of experience and have honed their skills to perfection. They are adept at providing advanced yoga practices and can help you achieve your goals efficiently.



TEACHERS

With a wealth of knowledge and expertise, our senior teachers have a comprehensive understanding of yoga philosophy and can guide you towards a holistic practice.



THERAPIST

Our therapists specialize in using yoga as a therapeutic tool to address specific health concerns. They are well-trained in tailoring yoga practices to suit individual needs.



SENIOR MASTER

These highly respected individuals have dedicated their lives to yoga. They possess profound wisdom and are capable of imparting the most intricate aspects of yoga to students.

Strengths

1. **Certified and Experienced Instructors:** Our team of instructors comprises highly trained and certified professionals with extensive experience in yoga. They possess a deep understanding of various yoga styles and techniques, enabling them to cater to the unique needs and abilities of each individual student.
2. **Customised Programs:** We believe in tailoring our yoga programs to suit the specific goals and requirements of our students. Whether it's improving flexibility, building strength, or finding inner peace, we design personalized programs that address the unique aspirations of every individual.
3. **Holistic Approach:** SKM Yoga follows a holistic approach to yoga teaching, incorporating not only physical postures but also breathing exercises, meditation, and mindfulness techniques. We strive to create a comprehensive experience that nurtures the mind, body, and soul.
4. **State-of-the-Art Facilities:** Our studio is equipped with cutting-edge facilities to ensure a comfortable and conducive environment for learning and practising yoga. From spacious practice areas to modern amenities, we leave no stone unturned in providing our students with a truly enriching experience.
5. **Community Engagement:** We believe that yoga is not just about individual transformation but also about building a supportive community. At SKM Yoga, we foster a sense of belonging and encourage our students to connect with one another through workshops, events, and retreats. This sense of community enhances the overall yoga journey and creates lasting friendships.

WEAKNESS

While we strive to provide the best yoga training possible, it is important to acknowledge areas where we can improve. Firstly, our strictness in following yoga principles can sometimes be seen as a weakness. We understand that yoga is a deeply personal practice, and not everyone may be ready to adhere to the strict guidelines. We are committed to creating a more inclusive and adaptable environment that caters to the individual needs of our students. Secondly, we have noticed that our classes occasionally exceed the intended duration. We acknowledge that this can be inconvenient for our students who may have other commitments. We are actively working on better time management techniques to ensure that classes are consistently within the allotted time frame. Lastly, our punctuality policy can be seen as a weakness. If a student arrives late, we currently do not allow them to participate in that day's yoga session. While we understand the importance of discipline and punctuality, we also recognize the need for flexibility and understanding. We are reconsidering our approach to ensure that each student has the opportunity to fully engage in their practice, regardless of their arrival time. We are confident in our ability to address these weaknesses and make the necessary improvements. Our aim is to create a supportive and nurturing environment that encourages personal growth and development through yoga.

Opportunities

At SKM Yoga, we believe in the power of yoga to transform lives and bring about a sense of balance, both mentally and physically. Our team of experienced instructors are dedicated to providing the highest quality yoga sessions, tailored to individual needs and preferences. Whether you are a beginner or have been practicing yoga for years, we have a range of classes and workshops that cater to all levels. From gentle Hatha Yoga to invigorating Vinyasa Flow, our diverse schedule ensures that there is something for everyone. Additionally, we offer specialized workshops in areas such as meditation, mindfulness, and stress management. These sessions provide valuable tools and techniques to enhance overall well-being and help you navigate the challenges of everyday life with ease. Furthermore, as a member of SKM Yoga, you will have access to our state-of-the-art facilities, including spacious yoga studios, comfortable relaxation areas, and top-notch equipment. We strive to create an environment that promotes relaxation, rejuvenation, and self-discovery.



CLASS Overview



OUR CLASS START WITH FOLLOWING WAY



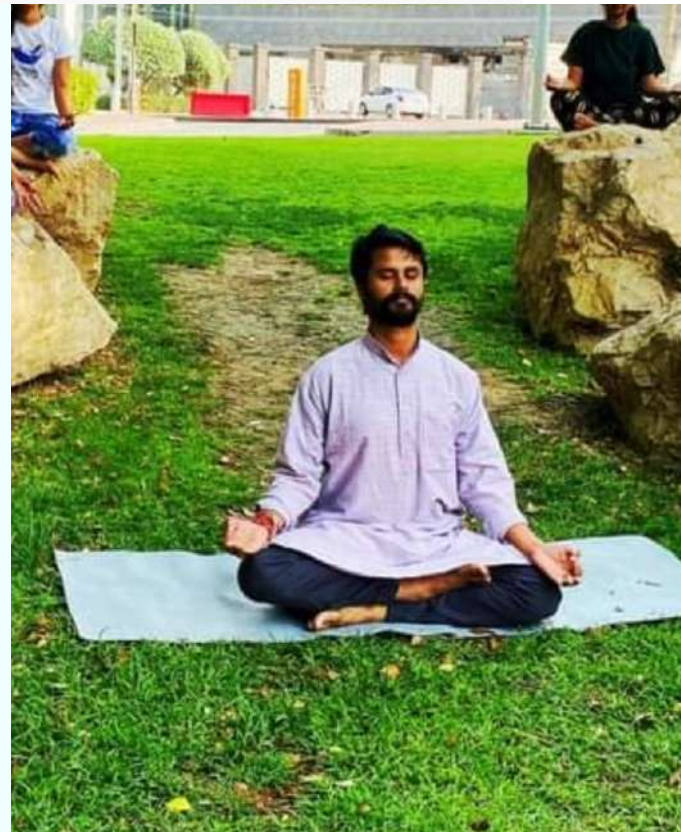
STARTING OF CLASS

Our classes begin with a powerful mantra chanting session, designed to invoke spiritual energy and invite the protector powers into our practice. This sets the tone for a deeply enriching experience, allowing us to connect with our inner selves.



WARM UP ASANA

After the mantra chanting, we move on to a thorough warm-up session. This is crucial to prepare our bodies for the physical demands of the class and prevent any potential injuries. We ensure that each student is fully warmed up and ready for the main part of the session.



CLASS Overview



MEDVIAL MINUTES OF OUR CLASS



BODY OF CLASS

The main part of our class consists of a carefully selected sequence of asanas. These postures are chosen to target different muscle groups and provide a balanced workout for the entire body. The asanas are taught with clear instructions and modifications are provided for students of all levels, ensuring everyone can participate and progress at their own pace.



PRANAYAMA

Following the asana practice, we delve into the practice of pranayama. This powerful breathing technique helps to control and expand our life force energy, promoting overall vitality and mental clarity. Through guided exercises, we teach students how to harness the power of their breath and experience its transformative effects.



CLASS Overview



FINAL MINUTES OF CLASS



MEDITATION

To conclude the class, we engage in a guided meditation session. This allows our students to quiet their minds, find inner peace, and experience a deep sense of relaxation. The meditation practice is accompanied by soothing music and gentle guidance, ensuring a serene and rejuvenating experience.

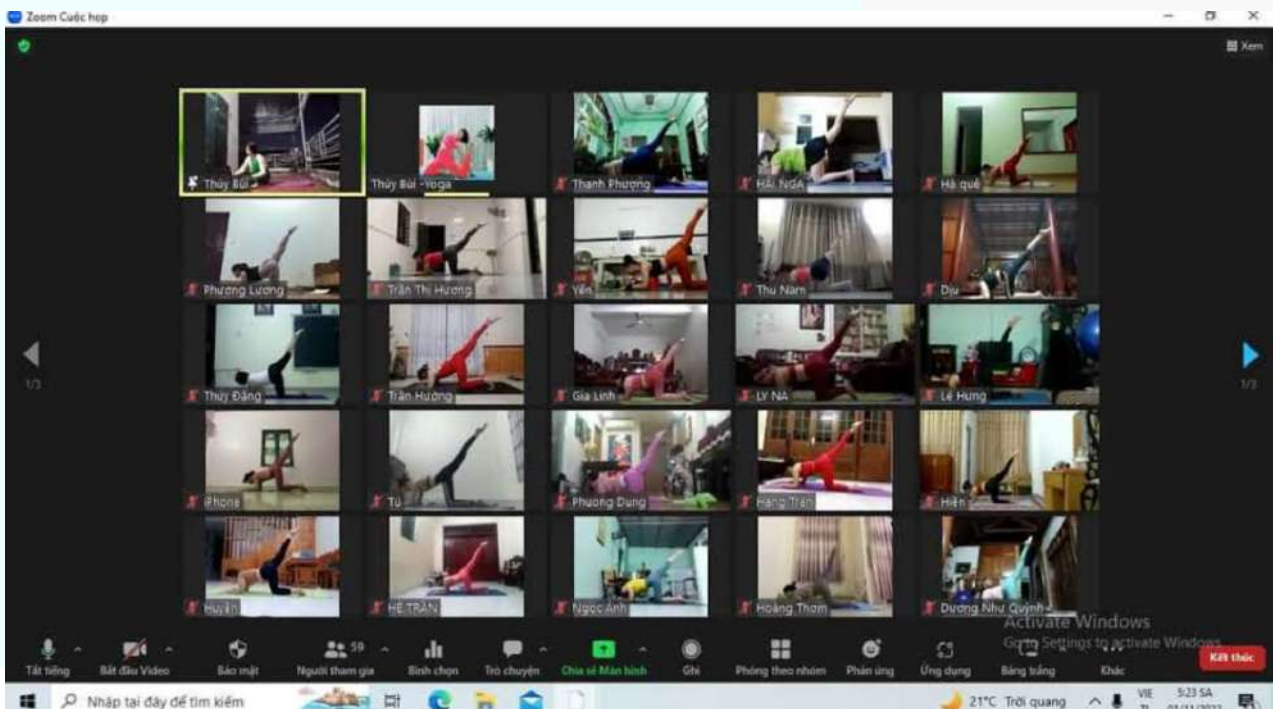


SHANTIPAATH

Finally, we end the class with a Shantipaath, which is a prayer for peace in our families, homes, and the universe. This ritual serves as a reminder of the positive energy we have cultivated and the intention to spread that peace and harmony into the world.



YOGA CLASS Development & RESULT TIMELINE



FIRST MONTH

STARTING OF BODY CLOCK

The first part focuses on the starting of the body clock, where we establish a strong foundation for our practice.

SECOND MONTH

CELLS & TISSUE RESTRUCTURING

During the second month, we witness the restructuring of cells and tissues, which is a crucial step towards overall well-being.

THIRD MONTH

PRAAN URJA & CHAKRA HEALING

In the third month, our focus shifts towards the chakras and prana intake. We work diligently to balance and activate these energy centres, allowing for a more profound connection between mind, body, and spirit.

FOURTH MONTH

STARTING OF RESULT

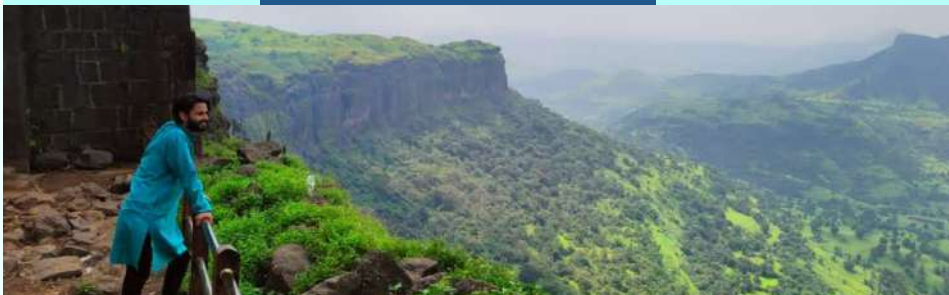
In the fourth month, we begin to see tangible results. This is the month where all our efforts culminate, and individuals experience the positive outcomes of their consistent SKM Yoga practice.

OUR CLASSES

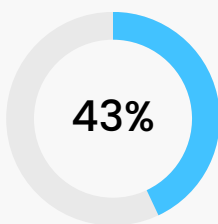


At SKM Yoga, we take great pride in our achievements. To date, we have successfully taught yoga to more than 1 lakh individuals, each benefiting from our unique and personalized approach. Our dedication to promoting physical and mental well-being has made a tangible difference in the lives of over 5000 families, improving their overall quality of life. One of the key factors contributing to our success is our extensive network of registered trainers. With 1500 highly skilled and passionate trainers spread across the globe, we ensure that our teachings reach far and wide, making yoga accessible to people from various backgrounds and cultures. Our approach to yoga is not only focused on physical fitness but also on nurturing inner peace and harmony. Through a combination of traditional yoga practices and modern techniques, we strive to provide a holistic experience that benefits both body and mind. We firmly believe that yoga has the power to transform lives, and we would be honored to have your support in spreading our message further. We are confident that our accomplishments and unwavering commitment to excellence make us an ideal partner for any endeavor related to promoting health and wellness.

FAMILIES TAUGHT BY US	TOTAL COUNTRIES WE VISIT FOR TEACHING	REGISTERED TRAINER WE HAVE
5000+	53	1500+

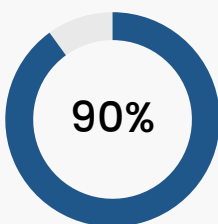


Other Sciences we use for Yoga Therapy



Diet

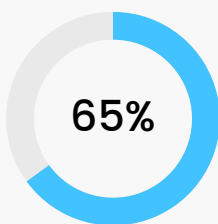
Diet sciences play a crucial role in maintaining a healthy lifestyle. We emphasize the importance of a balanced diet that complements the yoga practice, ensuring optimal nourishment for the body and mind. Our expert nutritionists provide personalized diet plans based on individual requirements.



Ayurveda

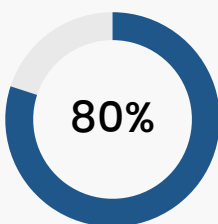
Ayurveda sciences, an ancient Indian system of medicine, focuses on balancing the body, mind, and spirit. We incorporate Ayurvedic principles into our yoga classes to promote overall well-being and harmony within ourselves.

Other Sciences we use for Yoga Therapy



Acupressure

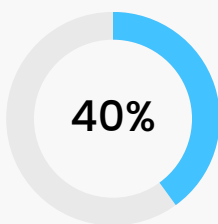
Acupuncture and acupressure are practices derived from traditional Chinese medicine that involve stimulating specific points on the body to relieve pain and promote healing. By combining these techniques with yoga, we provide a holistic approach to relaxation and stress relief.



Pranic Healing

Pranic healing is a powerful energy healing technique that helps to harmonize and balance the body's energy systems. It complements the physical aspects of yoga, allowing for a deeper connection between the body and mind.

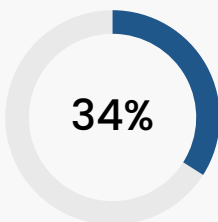
Other Sciences we use for Yoga Therapy



40%

Naturopathy

Naturopathy, as a system of alternative medicine, focuses on the body's inherent ability to heal itself. We integrate naturopathic principles into our yoga classes, encouraging our clients to adopt natural remedies and lifestyle changes for their well-being.



34%

Other Alternative Therapies

By combining these various sciences with yoga, we offer a comprehensive and unique wellness experience at SKM Yoga. Our highly trained instructors and therapists ensure that our clients receive the utmost care and attention throughout their journey with us.



RESULT IMPACT

At our organization, we are proud to have successfully healed over 1480 families through our yoga therapy sessions. This achievement stands as a testament to our expertise and commitment to providing the highest quality care and support to those in need. In addition to our specialization in yoga therapy, we also excel in pre and postnatal yoga. We understand the unique challenges and needs associated with pregnancy and the postpartum period, and our tailored practices have helped countless individuals navigate this journey with strength and grace. Furthermore, we have also garnered a reputation for excellence in Yoga for weight loss. Our comprehensive and holistic approach ensures that our clients not only shed those extra pounds but also gain a deeper understanding of their bodies and establish sustainable lifestyle changes.

Yoga Therapy

1480+

Individuals

Prenatal & PostNatal Yoga

398+

Mothers

weight loose Yoga

4000+

Man & Women



RESULT IMPACT

Over the years, we have successfully conducted more than 3000 workshops for yoga scholars and students. These workshops have not only empowered individuals with knowledge and understanding of the ancient practice but have also served as a platform for personal growth and transformation. In addition to our workshops, we take immense pride in offering free Yoga NET JRF preparation for yoga students. This initiative aims to support and guide aspiring scholars in their pursuit of excellence. By providing them with the necessary resources and mentorship, we have witnessed countless success stories of individuals securing prestigious scholarships and fellowships. Furthermore, our yoga teachers training program has been highly acclaimed by both aspiring and experienced instructors. We believe in fostering a nurturing and inclusive environment where teachers can enhance their skills, deepen their yogic knowledge, and ultimately inspire their own students. The positive feedback and success stories from our graduates are a testament to the effectiveness of our training program. At SKM Yoga, our mission is to make yoga accessible to all, while maintaining the highest standards of quality and authenticity. We are confident that our efforts have made a significant impact in the lives of countless individuals, and we are committed to furthering our reach and influence in the field of yoga education

Yoga workshops

3000+

Online workshops

NET JRF Preparations

40+

Selection Since 2022

Yoga Teachers Training

1500+

Students



RESULT IMPACT

Over the past few months, we have diligently worked towards spreading the benefits of yoga to various institutions and organizations. Through our dedicated team of experienced yoga instructors, we have conducted workshops that have left a lasting impression on the participants. The feedback we have received from the colleges, schools, and universities has been overwhelmingly positive. Students have reported improved concentration levels, reduced stress, and enhanced overall well-being. Our workshops have not only provided a platform for physical fitness but have also encouraged mental and emotional growth among the participants. In the corporate sector, our yoga workshops have proven to be a valuable addition to employee wellness programs. Participants have expressed gratitude for the stress relief and relaxation techniques they have learned. These workshops have undoubtedly contributed to a healthier and more productive work environment. Our collaboration with NGOs and self-help groups has allowed us to extend the benefits of yoga to those who may not have had access to such resources. We have witnessed firsthand the transformative power of yoga in helping individuals overcome personal challenges and develop a positive outlook on life.

Corporates

30+

Benefited with
Classes

Schools & Colleges

100+

Workshops conducted
to schools & Colleges

NGOs & SHGs

20+

Conducted Sessions for
NGOs

TEACHING SKILLS

We believe that the diversity of our teaching skills sets us apart from other yoga studios. Our trainers are passionate about sharing their knowledge and helping individuals of all backgrounds and fitness levels achieve their yoga goals.

ASHTANGA YOGA

This dynamic and physically demanding style of yoga focuses on synchronizing breath and movement to create a flowing sequence of poses.

VINYASA YOGA

Vinyasa yoga is a flowing style of yoga that seamlessly transitions from one pose to another, linking movement with breath. Our trainers excel in creating dynamic and energizing vinyasa sequences.

TRADITIONAL YOGA

Our trainers are well-versed in traditional yoga practices, which emphasize proper alignment and mindful breathing techniques. This style emphasizes traditional practices.

YOGA THERAPY

Our trainers are trained in yoga therapy, which involves using yoga techniques to address specific health concerns or conditions. They have the expertise to personalize yoga practices to meet individual needs and promote overall well-being.

HATHA YOGA

Hatha yoga is a gentle form of yoga that focuses on holding poses and deepening awareness of the breath. Our trainers are skilled in guiding students through a balanced practice of strength, flexibility, and relaxation.

PRENATAL YOGA

We also offer specialized prenatal yoga classes, designed to support the physical and emotional well-being of expectant mothers. Our trainers are experienced in adapting yoga practices to the unique needs of pregnancy.

POSTNATAL YOGA

We understand the unique needs of new mothers and offer specialized yoga classes to help them regain strength, flexibility, and inner peace after childbirth.

ADVANCE YOGA

For experienced practitioners looking to deepen their practice, our advanced yoga classes provide advanced postures, breathwork, and meditation techniques to enhance spiritual growth.

POWER YOGA

For those seeking a dynamic and challenging workout, our power yoga classes offer a combination of strength-building exercises and invigorating flow sequences.

OLD AGE CARE YOGA

We believe that yoga is for everyone, regardless of age. Our old age care program focuses on gentle yoga movements and breathing exercises to improve mobility, flexibility, and mental clarity for senior citizens.

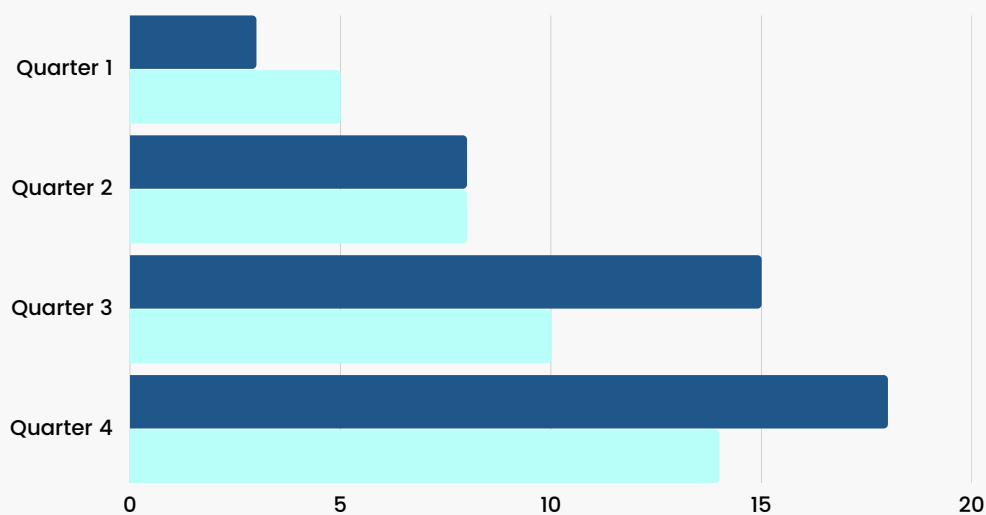
SUN SERIES

Our sun series classes are designed to align mind, body, and spirit through a series of sun salutations. This practice helps improve flexibility, balance, and overall well-being.

CORPORATE YOGA

We understand the importance of maintaining a healthy work-life balance. Our corporate yoga sessions offer stress-relief techniques, mindfulness exercises, and gentle stretches to help employees stay focused, energized, and productive.

YOGA CLASSES Performance



RESULTS WE GET BY YOGA THERAPY

87% - 91%/Quarter

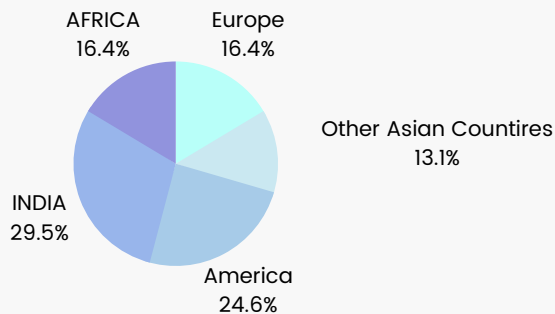


CLIENTS EXPECTATIONS FROM GENERAL YOGA CLASSES


92% - 96%/Quarter


Performance Overview

Our Clients for Yoga Sessions



Level of Satisfaction

 Customer Satisfaction
94,43%

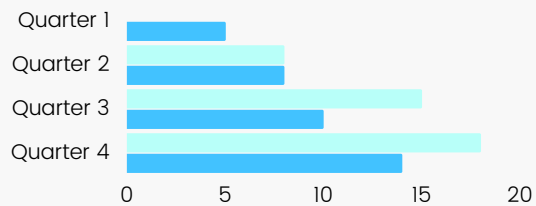
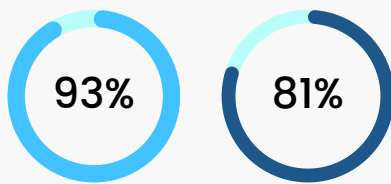
 Ratio of Satisfaction
10:09



Performance Overview By Yoga Trainer in a Quarter

Based on Research

Provide an statistics explanation of the general profile of the products we have. Arrange information about our products in a systematic and fact-based manner. Also express our success stories and product that done lately.

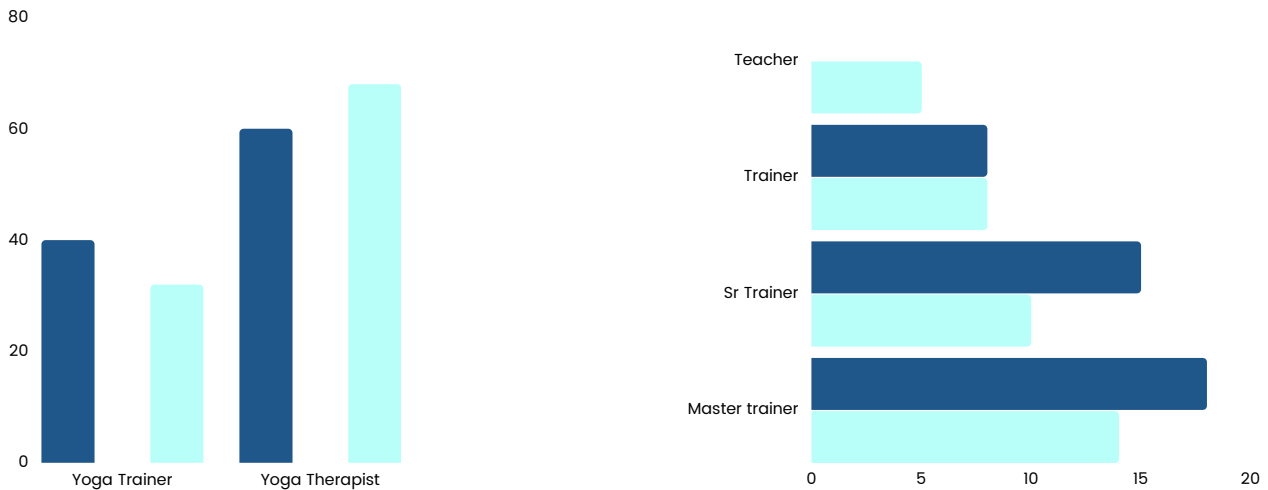


Customer Satisfaction
96,17%



Result oriented Classes
94.4%

YOGA SERVICE MODEL



When it comes to yoga, a trainer primarily focuses on guiding individuals through various physical postures and breathing techniques. They possess a deep understanding of the yogic principles and are adept at teaching these practices to individuals of all skill levels. Their main goal is to help individuals improve their flexibility, strength, and overall well-being through regular yoga practice. On the other hand, a senior therapist brings a higher level of expertise and knowledge to the table. They have undergone extensive training and possess a deep understanding of the human body, mind, and emotions. Their role goes beyond physical movements and stretches, as they are trained to address specific health concerns and psychological issues. Senior therapists are well-versed in therapeutic techniques and can provide personalized guidance to individuals seeking relief from ailments such as chronic pain, stress, anxiety, and depression. While the services of a senior therapist may come at a higher cost, it is important to consider the significant difference in the results achieved. The expertise and experience of a senior therapist can greatly enhance the effectiveness of the therapeutic interventions, leading to more rapid and long-lasting improvements in overall health and well-being.

Yearly Development in results

67% - 82%

The Ratio

1:4 - 1:3

Competitive Advantage

Niche

our niche focus allows us to cater specifically to yoga enthusiasts. By understanding the unique needs and preferences of this target audience, we are able to offer products and services that are tailored to their requirements. This specialized approach has helped us build a loyal customer base who appreciate our dedication to their practice.

Easy

our products are designed with convenience in mind. We recognize that many yoga enthusiasts lead busy lives and may not always have the luxury of a large practice space. Therefore, we focus on creating compact and portable products that can be easily incorporated into any living space. This allows our customers to practice yoga anytime, anywhere, without compromising on quality or effectiveness.

Agile

our agile function is another aspect that gives us an edge over our competitors. We are constantly adapting and evolving to meet the changing demands of the yoga market. Whether it's introducing new products or incorporating innovative technology into our services, we pride ourselves on staying ahead of the curve and providing our customers with the latest trends and advancements in the industry.

Compact

our ability to stay on top of trends in the yoga industry is a significant advantage. We closely monitor emerging trends and work to incorporate them into our product offerings. By staying ahead of the curve, we are able to attract customers who are looking for the latest and most fashionable yoga products.

Function

our commitment to functionality is a key differentiator. We understand that yoga practitioners value products that not only look good but also enhance their practice. Therefore, we prioritize functionality in the design and development of our products, ensuring that they meet the needs and expectations of our customers.

Trend

our competitive advantage in the yoga market stems from our niche approach, agility, focus on functionality, emphasis on convenience, and ability to stay on top of trends. These factors combine to make SKM Yoga Market a trusted and preferred choice for yoga enthusiasts.



OUR NATIONAL PRICE LIST

Personal class 500 INR Per Session

Postnatal Yoga 450 INR Per session per Hour

Group class at home 200 Per Head Per Class

Group of 15+ People 100 INR Per Head Per Hour

Prenatal Yoga 9 Months Package for a lady is 600 INR Per Hour per Session

Group of 50+ People 50 INR Per Head Per Hour



OUR NATIONAL PRICE LIST

**Yoga
Therapy**

1000 INR Per Hour

**3 Month
personal
class**

50 Class within 3 Months 20
Thousand INR

**old Age
Care**

200 INR Per Hour

**6 Months
Personal
class**

100 Classes with in 6 Months 35
Thousand INR

**Weight
loss
Challenge**

500 INR Per Hour per head

**12 Months
Personal
Class**

200 Classes within 12 Months
will cost 50 Thousand INR



OUR NATIONAL PRICE LIST

**Group
Class
Online for
3 months**

3000 INR per head for three
months (1000 PER MONTH)

**Group
Class at
Studio for
3 months**

6000 INR Per Head for 3
months

**Group
Class
online for
6 months**

4800 INR Per Head

**Group Class
at Studio for
6 months**

10000 INR Per Head for 6
Months

**Group
Class
online for 1
year**

10000 For 1 Year Per Head

**Group
Class at
Studio for
1 year**

18000 Per Head for 12 Months



OUR NATIONAL PRICE LIST

**Corporate
Yoga** 1000 Per Session

**Meditation
Sessions** 250 Per Session

**Online
Personal
Yoga** 2000 INR per Month for 20
classes

Consultation 150 INR Per Consultation

**Online
Therapeutic
Yoga** 2000 INR per Month for 12
classes

**Online
Counselling** Free For all



OUR NATIONAL PRICE LIST

**Online
Teachers
Training**

10000 INR Per TTC for 200 HRS

**Yoga
Retreat**

Depend on Tour

**Offline
Teachers
Training**

20000 INR Per TTC for 200 HRS

**500 HRS
Teachers
Training Offline**

40000 INR for 500 HRS

**10 Days
Workshop
Online**

500 INR

**500 Hrs
Online
Teachers
Training**

20000 For Online teachers
training



Our Super Team



Dr Shivam Mishra

Founder & Director



Rishikant Mishra

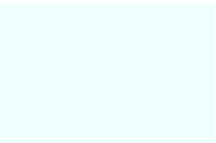
Chief Operating Officer and
Director



Gyanendra Kumar

Chief Executive officer and
Director





CLIENTS REVIEW

we have received over 500+ reviews on Google, 1000+ on YouTube, numerous reviews on Facebook, and countless others through personal WhatsApp messages and diary entries. It fills us with immense pride to witness such an overwhelming response from our clients. These reviews serve as a testament to the exceptional experiences our clients have had at SKM Yoga. They highlight the positive impact our classes and instructors have had on their overall well-being and journey towards a healthier lifestyle. To us, these reviews are not merely numbers but a reflection of the trust and satisfaction that our clients have in the quality of our services. We have always strived to provide top-notch yoga classes, personalized attention, and a supportive environment, and it's heartening to see that our efforts have resonated so strongly with our clients.

CLIENTS REVIEW



meera more

1 review



★★★★★ 8 months ago

SKM YOGA is one of the best yoga institute in India. Since the day I joined the institute, I feel more knowledgeable and feel like more learn there theory and practical as they are too good. I got to know all the perspectives of yoga in different regions in the world.



Shivani Shrivastav

6 reviews



★★★★★ 8 months ago

Every lecture is amazing and very informative. Dr. Shivam sir is very polite and great guruHe is Passionate for the subject, teaching, and learning. Prepared, knowing the material and how to communicate it. Informed, being able to convey both new and old materials and methods. I'm blessed for being a member of Skm yoga.



Poonam Gupta

1 review



★★★★★ 6 months ago

आज तक के मेरे जीवन मे ऐसी कोई योग की संस्था मेरे संस्पर्श में नही आई थी जैसी की SKM - जो सभी योग विद्यार्थियों, योग साधकों और आम जनता को एक साथ अनगिनत लाभ पहुंचा रही है, जैसे कि योग किताबें उपलब्ध कराना, मुफ्त नेट जर्फ कोचिंग देना, योगियों को रोजगार उपलब्ध कराना, योग के हर पहलू से अवगत कराना, सभी प्रकार के प्रैक्टिकल योग की कक्षाओं की ट्रेनिंग देना, और भी बहुत कुछ, hats of to SKM. 🙌👍

[See translation \(English\)](#)

CLIENTS REVIEW



PARUL TRIPATHI

Local Guide · 32 reviews · 6 photos



★★★★★ 6 months ago

Shivam sir is the best Yog teacher I every know....I came to know many things regarding yog studies...In such a simple way shivam sir teach us yoga that anybody can understand Yog and upnishad very easily...thank you soo soo much shivam sir. 🙏🙏🙏🙏



Yogic Lavkush

Local Guide · 17 reviews · 139 photos



★★★★★ a year ago

Thanks a million for the pictures, but specially thanks a lot your patient and teaching. We have learnt a lot with you all this fine yoga days in SKM.

I'm Yoga trainers but when I confused or any doubt without hesitation you honestly help me regarding the different different disease and alignment of posture.

Once again thanks all SKM team members. 🙏



Skm Yoga

4.9 ★★★★★ (572) · Yoga studio · 10+ years in

Open 24 hours · Noida, Uttar Pradesh · 089209 2...

Onsite services



Website



Directions

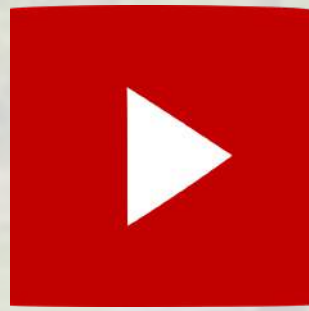


Call

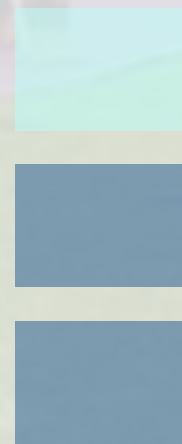


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SKM YOGA



INSTAGRAM



skmyoga

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783 posts

14.9K followers

7 following

SKM Yoga India

Yoga Studio

SkM Yoga is a well known yoga organisation based in Noida ,Dubai, Thailand and Vietnam. We provides various kinds of Yoga services for good health.

🌐 www.skmyoga.com



Workshops



Noida Yttc 3...



World TTC



INDIA



International



Vietnam



VIETNAM Y...



YOGESHWAR
YOGA AND WELLNESS STUDIO

YOGA WORKSHOP
FOR 4 HOURS (12 TO 4 PM) SCHEDULED ON COMING MONDAY 9 OCTOBER

BY DR. SHIVAM MISHRA

at
MMS 1/220, SBI Colony, Sitapur Road Scheme,
Near IET Engineering College, Aliganj, Lucknow-226021

WALL ROPE	AERIAL YOGA
WHEEL YOGA	CHAIR YOGA

SKM YOGA
PRESENTS

10 DAYS CERTIFICATE COURSE
ON

GORAKSH SAMHITA

- Total 50 Seats Available
- Fees Only 500 INR (Free for weaker section, University Students, and jobless Yoga Teachers)
- 10 Days Certificate Course
- Hindi & Sanskrit Language
- Online Mode

10 OCT - 20 OCT 2023

More information: www.skmyoga.com
WHATS APP FOR REGISTRATION LINK: **+918826476724**



Yog Sports Foundation
Presents

Mega Sun Salutation Program
In Association with:

Prayag Arogyam Kendra
Uttar Pradesh Yog Sports Foundation

Raebareli, Yog Sports Foundation
08 October 2023, 06:00 AM IST
SPECIAL ATTRACTIONS
T-Shirts Will Be Awarded to each participant

After Completion of 108 Sun Salutation Certificates will provided to participants

VENUE
SJS Public School , Nirala Nagar ,
Kachehari Road , Raebareli UP

CONTACT US: +91 96530 97578 +91 - 8826476724

DR SHIV
General
Tee Spot

