



# योगानंद

*Yoga With Rashmi*

## Your Path to Holistic Well-Being

Bringing the timeless wisdom of yoga to modern lives, we empower you to live healthier, balanced, & mindful.

- **Balanced wellness yoga**
- **Prenatal Yoga – Postnatal yoga**
- **Yoga for cancer**
- **Meditation & Mindfulness**

**ONLINE - Google meet**

**OFFLINE - Jivba nana park, Kolhapur**

 **@yogawithrashmi01**



**Transform Your Life Today**  
Join us to experience the perfect  
harmony of physical fitness, emotional  
well-being, & spiritual growth.



Scan For Location & Review

**📍 Rashmi Patil : ☎ 8007945965**

**📍 YOGANAND Studio, Kolhapur**



# **Transform Your Health with YOGANAND**

**Elevate your fitness & well-being with our expertly designed Yoga Classes combining :**

- **Hatha Yoga – Build strength and flexibility.**
- **Ashtanga Yoga – Energize and detoxify your body.**
- **Pranayama – Revitalize with powerful breathing techniques.**
- **Meditation – Find inner peace and clarity.**

## **Special Focus Areas :**

- **PCOD & PCOS: Achieve hormonal balance naturally.**
- **Thyroid Health: Boost and regulate thyroid function.**
- **Diabetes Management: Control blood sugar & enhance metabolism.**

A group of people, including men and women of various ages, are shown in a yoga studio. They are all in a similar pose, likely a low lunge or a similar floor-based asana, with their hands on the floor and heads up. The background is bright and slightly out of focus, suggesting a large, airy studio space.

### **: Class Timings :**

**6:00 AM - 7:00 AM    7:30 AM - 8:30 AM    10:00 AM - 11:00 AM**  
**05 : 00 PM - 06 :00 PM**

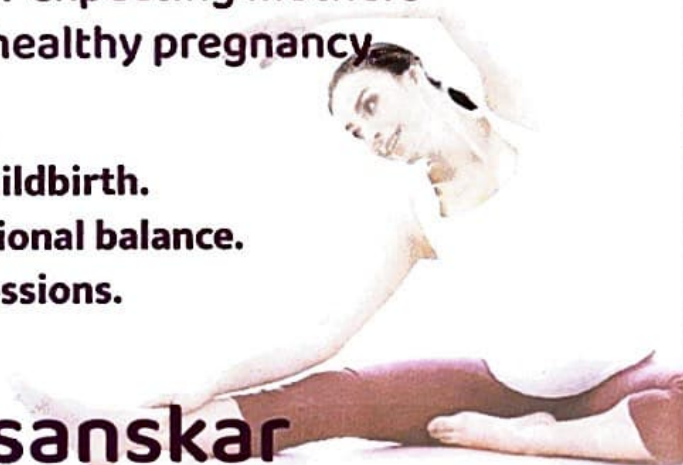
**Discover a healthier, happier you with  
YOGANAND. Your journey begins here !**

**Prenatal, Postnatal Yoga, & Garbhasanskar.**

## **Prenatal Yoga**

**Specially designed for expecting mothers  
to ensure a safe & healthy pregnancy**

- **Reduces back pain and swelling.**
- **Prepares the body for Natural childbirth.**
- **Enhances mental calm and emotional balance.**
- **Trimester wise designed yoga sessions.**



## **Garbhasanskar**

- **Embrace ancient practices to nurture your baby's development with positive vibrations and mindfulness.**
- **This holistic approach promotes emotional & physical well-being for a healthy pregnancy.**
- **Encourages bonding with your baby.**

## **Postnatal Yoga**

- **Support your recovery journey & rebuild strength with gentle & effective yoga practices.**
- **Improves posture and tones the body.**
- **Relieves stress and boosts energy.**

**Join YOGANAND to make your motherhood  
journey peaceful, joyful, & empowered.**



**Empower Your Healing Journey with Yoga for Cancer**



## **What is Yoga for Cancer?**

**Yoga for Cancer is a specially designed program to support cancer patients & survivors by improving physical health, enhancing emotional well-being, & aiding recovery during or after treatment.**

### **Benefits of Yoga for Cancer**

- **Boosts immunity and supports overall health.**
- **Reduces treatment side effects like fatigue, nausea, and insomnia.**
- **Improves strength, flexibility, and balance.**
- **Calms the mind and alleviates anxiety or depression.**
- **Enhances quality of life and fosters a positive outlook.**

### **Program Highlights**

- **Gentle yoga poses tailored for individual needs.**
- **Breathing techniques (Pranayama) to reduce stress.**
- **Guided meditations for relaxation and healing.**
- **Personalized guidance.**



**Join Today!**

**Rediscover strength, hope, & peace with Yoga for Cancer.**



# Reviews :

**Akanksha Patil**



I attended online prenatal yoga classes with Rashmi mam and that's the best decision ever. She advised me not just with stretching, yoga postures, breathing techniques but also in terms of food habits, meditation, postpartum wellbeing, Garbh sanskar. She personally made sure that I attend each session and thoroughly followed up on my health updates. Rashmi mam changed yoga postures each month based on my flexibility. I did not experience any back pain or stiffness throughout my pregnancy. Our last session was literally half an hour before I went to hospital for delivery. I had very quick, positive normal delivery experience. All the hip opening/stretching/breathing exercises helped me immensely. I highly recommend Attending Rashmi mam's yoga classes. She is THE BEST.

**Maithili Palsule**



Rashmi ma'am is very experienced. Here all types of yoga practices from beginner to advanced are taught. Ma'am teaches the right asanas and exercises according to everyone's health problems & body strength. Fees are very reasonable. Yoga with Rashmi classes are conducted in both online & offline mediums. Few months ago I joined the class. Their guidance helped me to get rid of my health problems. If you want a healthy life, there is no other weapon like yoga. Yoga practices are taught here in a very happy atmosphere. Yoga is a great exercise for everyone from kids to adults. If you want to start something good for your health, don't wait for new year or any next Monday.. Start Yoga practices under guidance of Rashmi ma'am from tomorrow. Give yourself a better gift.

**Pooja Nazarkar**



I really want to thank the efforts and assistance of Rashmi Mam throughout the training, she is well experienced and have deep knowledge about Yoga. I have learnt a lot about advanced yoga poses, alignment, how to enter into a pose using various techniques because of their excellent teaching technique. It's been 6 months I have joined her Yoga class. It is extremely effective for weight loss. I have reduced 5 kg in just 5 months. After attending Rashmi Mam's yoga sessions it really feels great! I am feeling strong both mentally and physically! I attended Sound Healing session 3 times & it's experience is really amazing. Thank you so much Mam & Sir

**Sumit Jain**



Happy to post a review over here, I had a sciatic nerve problem but after joining class now I am feeling better, from last 3 months I am doing yoga with Rashmi mam & still continued. One of the best teacher and yoga class I have ever seen.

**Deepti Bisht**



During my pregnancy, I had the pleasure of attending prenatal yoga classes with Rashmi. She tailored the classes to suit my specific needs during each trimester, and as a result, I did not experience any back problems throughout my pregnancy. Additionally, Rashmi's guidance with specific asanas & poses helped all alleviate my pelvic pain, which I had been dealing with when I was 18 weeks pregnant. I highly recommend starting prenatal yoga classes with Rashmi for a positive & supportive experience. Thank you, Rashmi!





## ONLINE - OFFLINE CLASSES

ONLINE - Google meet

OFFLINE - Jivba nana park, Kolhapur



### Contact details

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*Yoga With Rashmi*

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