



Yoga Wellness Journey: Transform Your Mind, Body, and Spirit

Step-by-Step Journey Toward Holistic Well-being
through Yoga

Presented by Swasthya by Kinjal – Your Wellness Partner

www.swasthyabykinjal.com

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About Us

Our Mission: Spreading Health, Happiness, and Healing

- **Who We Are:**

Swasthya by Kinjal is a wellness platform dedicated to promoting physical, mental, and emotional well-being through yoga.

- **Our Philosophy:**

We believe in creating a holistic experience that brings balance, flexibility, and mindfulness to life.

- **Core Values:**

- Commitment to Health
- Community Support
- Sustainable Lifestyle Practices

Why Yoga?



- Improve your strength, balance, and flexibility
- Gain more energy and brighter your mood
- Help you manage your stress through the relaxation
- Connect you with a supportive community

Swasthya by Kinjal began with a passion for promoting well-being and has grown into a global community, offering yoga, workshops, and online programs to help people live healthier, more balanced lives.



Our History



Our Values

Vision

Our vision is to create a community for yoga with mindfulness and holistic wellbeing

Mission

Our mission is to practice, share, and grow with our community by creating a positive environment





Our Goals

Deliver a healthy yoga practice to our community

Create a harmonious and well-being environment

Remove negativity and promote a positive mind

Yoga for Beginners

Start Strong, Start Simple



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- Learn foundational poses, breathing techniques, and proper alignment.
 - Create consistent habits for long-term benefits.

Morning Energy Flow

Kickstart Your Day with Energy

Energize your body and boost circulation with dynamic morning stretches that enhance your mood. Strengthen your focus and gain mental clarity to tackle the day's challenges. Practice the Warrior Pose (Virabhadrasana) with breathwork to awaken both your body and mind.



Stress Relief Sequence

Release, Relax, Rejuvenate

Soothe your mind and reduce stress by practicing forward bends and restorative poses. Incorporating calming pranayama exercises helps deepen relaxation. Child's Pose (Balasana) and Savasana (Corpse Pose) are perfect for unwinding and restoring peace.



Flexibility and Balance

Find Your Flow and Stay Grounded

Stretch your muscles gently to improve flexibility and increase mobility. Strengthen your stabilizer muscles to enhance balance and body control for everyday activities. Tree Pose (Vrikshasana) and Triangle Pose (Trikonasana) help you stay centered and grounded.



Core Strengthening

Power from Within

Engage your core to strengthen your abdominal muscles, improve posture, and build stability. A strong core creates a solid foundation to prevent injury and maintain balance. Boat Pose (Navasana) and Plank Pose are effective for boosting core power.



Evening Relaxation Flow

Unwind and Prepare for Restful Sleep

Calm your nervous system and release the day's stress with gentle evening stretches. Let go of tension and drift into deep relaxation by practicing Reclined Twist (Supta Matsyendrasana) and Savasana.



Meditation and Mindfulness

Connect with Your Inner Self

Focus on your breath to cultivate awareness and be present in the moment. This practice reduces anxiety and builds emotional resilience. Loving-Kindness Meditation and Body Scan Meditation promote peace and mindfulness.



Integrating Yoga into Daily Life

Make Yoga a Lifestyle, Not Just a Practice

Set realistic goals to stay consistent and motivated in your yoga journey. Create a peaceful yoga space at home and explore different styles to keep your practice engaging. Turn yoga into a daily habit for long-term physical, mental, and spiritual well-being.



Join Our Classes



Yogawork Basic

*Alignment-base and
statistic Pose*



Restorative

Relaxing, passive,
gentle



Pilates

core strength, low impact
full body



Meditation

Calming,
breath-focused

Swasthya by Kinjal provides personalized yoga and wellness services, including tailored sessions, meditation, and self-discovery programs. With on-demand videos like the Yoga Wellness Journey, Pregnancy Workout Series, and Life Hacks, it empowers individuals to achieve balance, health, and mindfulness.



Personalized Wellness Programs



Contact Us

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Community Support

Join a Thriving Wellness Community

Highlight the sense of community that Swasthya by Kinjal fosters:

- **Supportive Environment:** Connect with like-minded individuals on a similar wellness journey.
- **Workshops & Online Classes:** Participate in group yoga sessions, live Q&A, and special wellness events.
- **Global Reach:** Access resources and classes online, from anywhere in the world.
- **Empowerment:** Build confidence, reduce stress, and embrace a healthier lifestyle together.

