



My  
Mrityunjay  
Yoga

EXPERIENCE OF ULTIMATE HAPPINESS

[WWW.MRITYUNJAYYOGA.COM](http://WWW.MRITYUNJAYYOGA.COM)

# About Us

**Smt. Manju Jha** led the Foundation of Mrityujay Yoga institute in 2010. She founded this Yoga institute in 2008 with the vision and hope of spreading awareness about this rich and ancient knowledge. Mrityunjay Yoga is currently operating in Raipur Chhattisgarh



There are two branches in Raipur. Both are centrally located and one can easily travel to the location without much hassle.

Our Yoga technique is treatment based, we focus on specific disease and provide cure for it through asanas. We conduct various workshops and campaign throughout the city to increase awareness. We are associated with various governments program and our free Yoga campaign YFE has been a hit with the masses.

# Goals and Mission

- Provide an enriching mind and body experience through Yoga
- Create health awareness amongst people
- Make people aware of various benefits and positive effects of Yoga
- Create healthy and positive atmosphere for yoga.
- Provide relief from mental and physical ailments through asanas and pranayama.



# Vision

- To make the quintessential knowledge of Hatha Yoga reach all and sundry and make people aware of its manifold benefits.



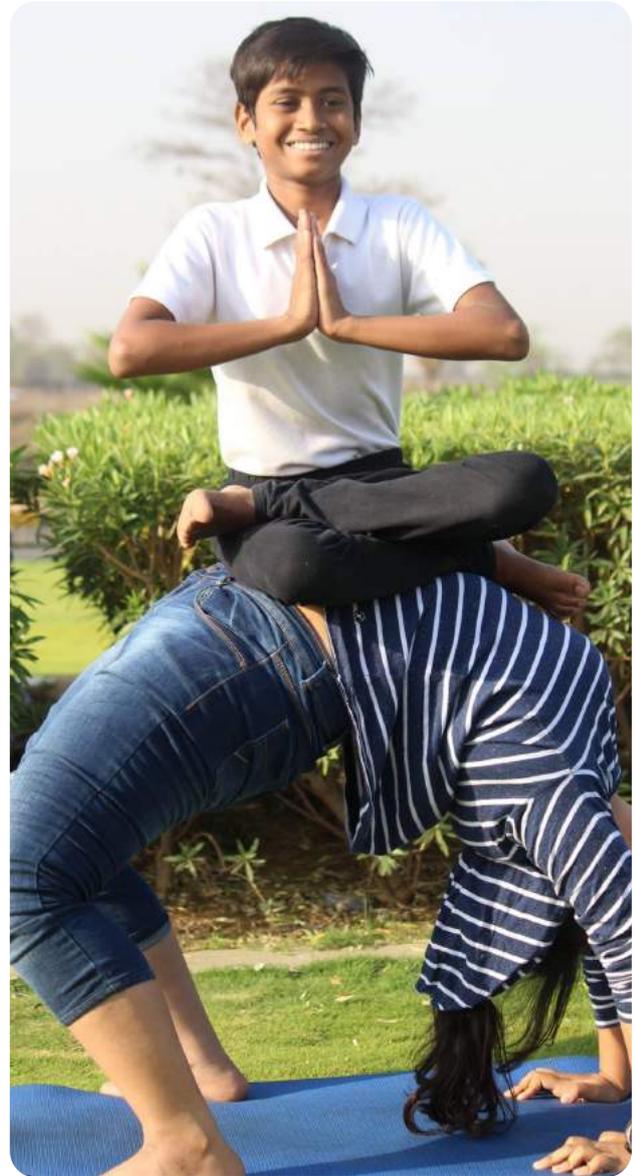
# Key success factor



- Pleasing and friendly approach towards client
- Spreading awareness through both online and offline platforms
- Hiring certified and learned trainers for work

# Expertise

- **Hatha Yog** (asanas, pranayama, bandha, mudra)
- **Shatkarm** (purification/cleansing of body)
- **Meditation**
- **Bhakti Yog**
- **Yog Nidra**
- **Treatment through asanas**
- **Yoga training**



# Services

- **REGULAR BATCH**

We conduct regular batches in the morning and evening. Different set of asanas are conducted each day of the week. This batch is open to all healthy individuals who want to learn yoga.

- **PATIENT BATCH**

We conduct patient batch for individuals suffering from any kind of health issues. Yoga has proved to be therapeutic for various diseases. We have cured various diseases through Yoga in our institute. Be it sciatica, PCOD, diabetes, high blood pressure, back pain, etc. Personal trainer is given to the patients, and special set of Yoga asanas are taught to them that is effective on their problem.

- **WEEKEND BATCH**

We conduct weekend batch for school going kids and working professionals. This batch is conducted suiting the convenience of those who don't have enough time to spare during the weekdays.

- **KIDS BATCH**

Special kids batch are conducted for hyperactive kids. The batches are held in the evening for 6 days a week. Specialised trainer is given to the kids and they are supervised by the head Yoga instructor herself.

- **SPECIAL BATCH**

Special batches are conducted during summer and winter vacations. During this time various Yoga related activities are taught to student. The whole session is very engaging fun filled.

- **YOGA WORKSHOPS**

We conduct Yoga workshops at regular interval. The workshops are conducted both in and out of city.

- **ONLINE YOGA**

If you are unable to attend any of our offline classes, then you can connect with us via online classes. We conduct skype classes, you can contact us for the details regarding skype classes. Other than skype classes you can watch our yoga videos on YouTube and learn Yoga.

## • CORPORATE YOGA

Long stressful work hours, sitting at one place and staring at computer screen, constant pressure of meeting demands etc. can tell upon one's health. According to a survey, aches and pains are the least problems that can happen due to desk job, some of the other issues are, higher risk of muscular-skeletal disorders, obesity, diabetes, cancer, heart disease, and more.

Pressures like these are propelling corporate sectors to include Yoga in their schedule. Unlike other physical activities, Yoga not only keeps one fit and active physically but also provide calmness of mind. Corporate Yoga is being embraced by many progressive businesses around the country.

We, Mrityunjay Yoga provide trained Yoga trainers to corporate sectors. We offer special package to revitalize, heal, and keep your employees happy and healthy. Our corporate Yoga classes are specifically tailored to provide physical and mental relief, in addition to fitness.

# Location

**Branch 1:** Mrityunjay  
Yoga, DDU Nagar,  
Kanchanganga Phase  
2, Raipur



**Branch 2:** Mrityunjay  
Yoga, Shubhash  
Stadium, Moti Bagh,  
Raipur



# Hours of Operation

## **DDU Nagar Branch:**

### **Normal classes:**

Monday – Friday: 5 am – 8:30 am and 4:30 pm-  
5:30 pm

Saturday: 6 am – 7 am

### **Patient Batch:**

Monday – Friday: 8: 30 am – 10:30 am and 6 pm  
– 7:30 pm

Saturday: 8:30 am – 9:30 am

## **Shubhash Stadium Branch:**

### **Normal classes:**

Monday – Friday: 5:30 am – 8:30 am and 5:30  
pm – 6:30 pm

Saturday: 6:30 am – 7:30 am

### **Patient batch:**

Monday – Friday: 7:30 am – 9 am

Saturday: 6:30 – 7:30 am

# Clients we've worked with

We have strong client base and have work with some top notch companies of in and out of Chhattisgarh. Some of Our Clients include,





**G.S ATWAL & CO.  
PVT. LTD**  
Sukinda Chromite Mines,  
TISCO



# Contribution towards society

## YFE Campaign

(Yoga for everyone)

We organise free Yoga campaign at regular interval for those Yoga enthusiasts who lacks enough time or money to enrol themselves in regular Yoga classes. Yoga camps are organised in different societies, schools, government offices and in public and private sectors.



Our trainers go to different places and encourage people to get associated with Yoga. Till the response to YFE has been immense and we have successfully conducted 100+ YFE session. YFE is conducted during weekend so that everybody can be part of it. This is a great opportunity for yoga lovers to learn some yoga asanas. This is a free event and there is no age bar for this event.



- YFE is a free event and anyone of any age group can come and be part of this campaign and practice yoga.
- Experienced trainers take the Yoga classes and gives personal attention to elderly and the patients.
- Sole intention of conducting YFE is to make more and more people aware of the Yoga and its benefits.
- Our trainers go to different places and encourage people to get associated with Yoga. Till the response to YFE has been immense and we have successfully conducted 100+ YFE session. YFE is conducted during weekend so that everybody can be part of it. This is a great opportunity for yoga lovers to learn some yoga asanas. This is a free event and there is no age bar for this event.