



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE



PEACE OF MIND FOR PROFESSIONALS

10-Week Online Program

Alongside a group of motivated professionals, discover how the ancient wisdom of yoga can uplift your work experience and help you achieve your goals. Classes will be held live online.

Find inner peace in a busy world.

Learn concentration and relaxation practices.

Experience freedom that comes with self-mastery.

Refine your ideals and live life with full integrity.

Integrate change with independent learning materials, yoga practice videos & 8 live monthly follow-up meetings.

yasodhara.org/programs-for-professionals
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