



DAILY YOGA SESSIONS

06:00 AM to 06:30 AM – Meditation (30 minutes)

06:30 AM to 07:30 AM – Progressive Yoga Session (60 minutes)

07:45 AM to 08:45 AM – Yoga Lite Session (60 minutes)

**10:30 AM to 11:30 AM – Yoga Nidra (Every Sunday, Tuesday and Thursday)
Interactive Session (Every Monday Friday and Saturday)**

05:00 PM to 06:00 PM – Yoga Lite Session (60 minutes)

**06:00 PM to 06:30 PM – Meditation (On Mondays and Thursdays)
Mantra Chanting (On Tuesdays and Saturdays)
Pranayama (On Wednesdays and Fridays)**

**There will only be Progressive sessions on every Sunday from
05:00 PM to 06:00 PM.**

Once-a-Week Special Sessions

**Kindly follow the instructions from the Ayurveda Doctor & Yoga Teacher as your
yoga practice in Nattika is under Ayurvedic Treatments.**

General Guidelines for Practicing Yoga

“Our yoga practices here are in accordance with the Ayurveda Treatment for your better transformation As both Ayurveda and yoga are connected to your body, mind, and spirit”

Integration with Ayurveda

Yoga practice at Nattika is designed to complement your Ayurvedic treatment plan.

Days to Avoid Yoga

- On the day of Virechanam
- On the day of Kashayavasti

When to Refrain from Yoga

Please avoid practicing yoga if you experience any physical discomfort such as fever, headache, or body pain. Also, do not engage in yoga immediately after any Ayurvedic treatment—allow at least one hour of rest before practicing.

Exercise Intensity

Strenuous exercises or complex yoga postures are not typically recommended here. Even in progressive yoga sessions, such practices should be avoided while undergoing Ayurvedic treatments.

Session Frequency

It is recommended to attend only one yoga session per day—either wellness or progressive—based on your physical condition and the guidance of your doctor or yoga teacher. If you wish to participate in additional sessions, please consult both your doctor and yoga teacher in advance.

Additional Sessions

Besides your primary session, you are welcome to join general sessions such as Yoga Nidra, Interactive Sessions, Yoga Lectures, Pranayama, Meditation, or Mantra Chanting. For any questions about session selection, please reach out to our Yoga Teacher.

Electronic Gadgets

The use of electronic devices like mobile phones, tablets, Kindles, etc. is not permitted in the yoga hall.

No Recordings

Audio or video recording of yoga sessions is strictly prohibited.

Respect the Environment

We kindly request you to follow these guidelines to help preserve the peaceful and harmonious atmosphere of our Yoga Centre.

Specific Guidelines for Practicing Yoga

Follow Instructions

Please follow the instructions of the yoga teacher diligently throughout the session.

Fasting and Light Meals Before Practice

It is recommended to maintain a fasting period of at least 3 hours before practicing yoga. If you have consumed light food or snacks, ensure a minimum gap of 1 hour before beginning your session.

Hydration Guidelines

Avoid drinking cold water immediately before or after your yoga practice. A minimum gap of 20 minutes is advised. Warm water is suggested for better digestion and energy flow.

Clothing

Please wear light, loose, and comfortable clothing during yoga practice to allow ease of movement and relaxation.

Towel Requirement

Kindly carry your pool towel with you when attending the yoga session.

Breathing Practice

Always breathe through the nose for better energy support, and try to synchronize your breath with each movement or posture.

Practice Sequence

Asanas (postures) should be practiced before Pranayama (breathing techniques) in each session.

Purpose of Asanas

The practice of asanas is intended to balance and harmonize all aspects of being—including the physical, pranic (energy), mental, emotional, psychic, and spiritual levels.

Shavasana

You may perform Shavasana (relaxation pose) at any point during the session, especially when feeling physically or mentally exhausted. It is mandatory to practice Shavasana before beginning Pranayama in every session.

Discomfort or Pain

If you experience any pain, discomfort, or uneasiness, immediately stop your practice, rest in Shavasana, or seek assistance from the Yoga Teacher.