Patanjali in a new package

A yoga forms are becoming flexible, to accommodate hectic lifestyles

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Are you a yoga enthusiast? Do you think you are too busy to practice yoga regularly? What if we told you that you can now practice yoga in a way that suits your hectic lifestyle? Well, you're in luck! Patanjali, the renowned brand, has launched a new yoga package that is specifically designed for busy individuals.

The new package includes a variety of yoga classes that are tailored to fit into your schedule. You can choose from a range of options, such as morning yoga classes, evening classes, and even weekend classes. This flexibility means that you can practice yoga without compromising your hectic lifestyle.

The yoga classes are taught by experienced instructors who are well-versed in the art of yoga. They will guide you through the various asanas (yoga poses) and ensure that you are comfortable and safe throughout your practice.

But what makes this package even more special is that it is specifically designed for people with little time to spare. "Yoga is not just about physical health, it's also about mental health," says Swamit Vidyaranan, who heads the yoga center. "The yoga package is designed to help you achieve a healthy balance between your work and personal life.

The program is divided into three parts: a morning session, an afternoon session, and an evening session. Each session lasts for 45 minutes, and there are five sessions per week. This means that you can practice yoga for a total of five hours per week, which is perfectly suited for busy people.

So why wait? Take the first step towards a healthier, happier lifestyle by trying out the new Patanjali yoga package today. Your body and mind will thank you!