



**Yoga**  
**for all**

24/Dec/2017

# Proposal For Providing Yoga Training @ Al Khor Community

## Introduction

Yoga is a practice that does not depend on the body. It is a practice where we happen to use the body to affect deeper levels like the breath and the mind. This can have a lasting impact on Mental Wellbeing. Yoga can be done in a variety of ways to suit everyone and is not exclusive to those young, fit or flexible.

The yoga classes referred to in this proposal are in a gentle style. Chairs are used to facilitate those who are suffering tiredness or exhaustion. It is focused on cultivating contentment, making peace with wherever you are at in life and fostering community.

The Yoga we practice does not involve any religious chanting/mantras, we follow Yoga that is purely wellness oriented, a path towards enlightenment that focuses on building physical and mental strength.

## About Us

Yoga in Doha is a registered company in the name of Doha Yoga Training W.L.L and is associated with Patanjali Yoga Training and Research Center (PYTRC), India for the Trainers and know how. PYTRC has been in the Field of Yoga for the past 12 Years and is associated with S-Vyasa University of Bangalore (Swami Vivekananda Yoga Anusandhana Samsthana) and are conducting 7 courses for trainers at graduate and post graduate level, besides offering many certificate programmes. We have made remarkable impact in the state of Qatar. We have established the brand name Yoga in Doha with punch line Yoga for all. Besides offering various training programmes at our fully dedicated centers and satellite centers, our affiliation with PYTRC has immensely benefited in recruiting high quality instructors and designing and implementing world class curricula.

## Vision

Healthy World!!

## Mission statement

To Drive the World towards Physical and Mental tranquility, with the pragmatic science “YOGA”, abundantly and cost effectively.

## Yoga goals

It has definite physical benefits but this is not the goal. The goal is to enhance ones positive feelings and experience of life.

- \* To improve flexibility of all participants
- \* To improve strength of all participants
- \* To improve overall physical fitness of all participants
- \* To improve balance of all participants
- \* To improve mindfulness and spirit of all participants
- \* To strengthen muscles of all participants
- \* Greater lung capacity for all participants
- \* Reduced levels of stress, tension and anxiety
- \* Improved mental clarity and focus
- \* Improved sense of well being
- \* Increased feelings of connection, less isolation
- \* More restful sleep

## Registration and Subscription

The Program is on a monthly subscription basis, the session will be for 1 hour each. There will be a 1 time registration charge, with the registration a kit containing a Yoga Mat, T-Shirt and Bag is provided.



*"The attitude of gratitude is the highest yoga"*



## Our services

### General batches/ inside center and other branches.

- \* Mixed batch
- \* Courses for Men.
- \* Courses for the ladies.
- \* Courses for children from the age of (4-12).

The special nature of public courses and women's courses within the center:

- \* Exercises help to relax.
- \* Exercises for flexibility.
- \* Exercises improve breathing.
- \* Exercises help to reduce weight.
- \* Exercises for overall health.

The General batches are conducted with the below set of requirement.

- \* There should be a minimum of 3 classes per week.
- \* There should be minimum 3 batches per day.
- \* The space should accommodate minimum of 15 customers.
- \* Necessary permission to market Yoga In Doha in the compound/community.



“The quality of our breath expresses our inner feelings.”

### Therapy sessions:

Along with yoga's ability to help you to rest and relax and get rid of the stresses of life and enjoy a healthy and active body, they also help you to get rid of any physical pain without the need for any drugs or chemicals, where it is through the practice of yoga can the individual to get rid of many problems:

- \* Improve memory.
- \* Treatment of back pain.
- \* Dealing with asthma.
- \* Arthritis.
- \* Diabetes.
- \* Obesity.
- \* Hypertension
- \* Digestive disorder
- \* Anxiety and tension and frustration and nervousness.
- \* Menstrual problems.
- \* Special programs before pregnancy and after birth.

The Process:

- \* After you fill out a registration form which helps us identify the nature of your medical condition, we send the form to our main branch in India to do a special program just for you, the program done by a group of the best doctors and trainers in the field of therapeutic yoga.
- \* Within 3-4 days they send back therapeutic program into one of our branches in Qatar to begin therapeutic session.
- \* Duration of the program 15 sessions / 5 times per week / one hour session.
- \* The Program is on a monthly subscription basis, the session will be for 1 hour each. There will be a 1 time registration charge, once registered the customer will be given a kit containing a Yoga Mat, T-Shirt and Bag



## Private Session @ home

- \* We ensure our customers are treated like Kings and Queens - we strive to secure their loyalty through top quality service. We believe in providing complete attention for each customers and our mission is to propagate conventional Yoga among people
- \* At this kind of session we send a trainer to your home to help to fill the assessment form.
- \* And the subscriber are free to choose between any of the services provided by the center, both general exercises to relax and public health / therapeutic services, or any branch of yoga .
- \* Then we send the form to our main branch in India to do a special program just for you, the program done by a group of the best doctors and trainers in the field of therapeutic yoga.
- \* The duration can be chosen between 3 sessions per week, 4 Session/Week or 5 sessions per week / one hour a day.



## **Staffing**

The staff needed for this program would include yoga instructor who is also trained in teaching. The instructor will have a Registered Yoga Teacher Certificate, of a nationally recognized organization.

## Our Instructors

- \* Graduates in Therapeutical Yoga from renowned Indian Universities
- \* Trainers with varied experience, 5 years to 25 years.
- \* Trainers certified from PYRTC (PATANJALI YOGA TRAINING & RESEARCH CENTER.INDIA)



Note: The Gender of the Teaching staff to be decided and confirmed

## **Our Rates**

### All courses for one month.

Name of program	Centre	Original price/ Month	Number of session
<b>General batch</b>	<b>Al Khor</b>	450	3days/ week
		580	4days/ week
		700	5days/ week

""Trainers from the land of Yoga"".

""The Incredible India""

1. We need to have a minimum of 8 members to conduct the classes.
2. The payment has to be made in Advance.
3. We can offer 1 free Demo session for the customers.
4. There is a onetime registration Fee of QAR100/-per person

## Our Locations



### Current Dedicated Locations

We have two dedicated leased locations and 4 satellite locations. Current dedicated facilities are;

#### **Ezdan 23, Al Wakra,**

- \* This center was Started in July 2015
- \* Ezdan has 18+ Residential Compounds in Al Wakra with around 1000 dwellings each.
- \* Total Capacity for the center is 210 persons per day (30 customers \* 7 Batches)

#### **Ezdan 2, Al Garaffa ,**

- \* This center Started in August 2016
- \* It is Located at the Prime Residential locality
- \* Located close to Landmark Mall, Ezdan Mall and Lulu Hypermarket
- \* Total Capacity for the center is 240 (20 customers \* 12 Batches)

### Satellite Centres

In addition to the dedicated centers above, the company has been conducting training sessions at the below locations

#### **Abu Hamor**

- \* The center is in the Prime location and in the Ain Khalid Residential Compound.
- \* Currently has 3 sessions for 3 days a week.
- \* Current Capacity is 50 customers

#### **Mesaieed**

- \* The Centre is in QAPCO Club.
- \* Currently has 3 sessions for 3 days a week.
- \* Current Capacity is 100 customers

#### **Al Thumamma**

- \* The Centre is at Indian club.
- \* Currently has 3 sessions 3 days a week.
- \* Current Capacity is 100 customers

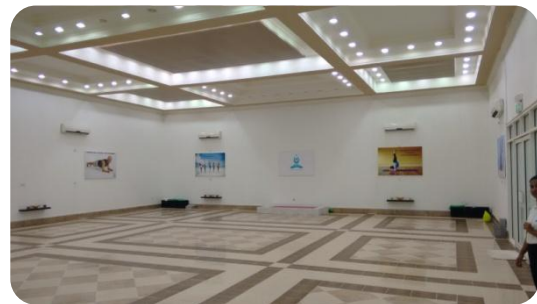
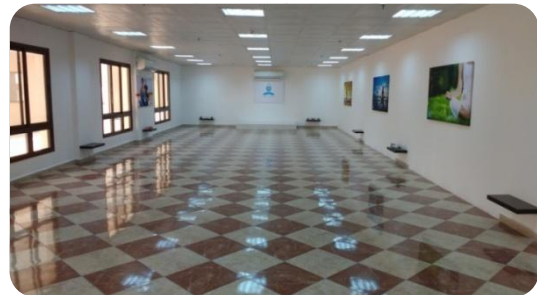
#### **Al Ghanem**

- \* The Centre is at Al Ghanem Gardens
- \* Currently has 3 sessions 3 days a week.
- \* Current caters around 30 clients

**The Kit:**



**Our Centers**



**The Trainers and Sessions**







YOGA IN DOHA

