



ASANA SHAKTHI Presents

Hatha Yoga for Weight Loss & Hormonal Balance

About the Doctor :

Dr. Vibha Mallikarjun

Obstetrician & Gynecologist, Fertility Specialist

MBBS, MS (OBG), CERTIFICATE COURSE IN REPRODUCTIVE MEDICINE (ICOG)

Classical Hatha Yoga Teacher, Sadhguru Gurukulam

As a gynecologist, I recognize the vital connection between hormonal balance and overall well-being.

Our Hatha Yoga program is tailored to help women achieve weight loss and restore hormonal harmony through targeted, effective practices & a tailor made diet.

Class Offerings:

Hatha Yoga for Reproductive Health : Surya Kriya rejuvenates all the major organ systems including balancing hormonal levels.

Mindful Eating & Satvik Diet : Healthy diet to enhance weight loss efforts.

Benefits:

- Weight Management
- Hormonal Balance
- Stress Reduction
- Increased Flexibility and Strength

Session Pattern:

Step 1: Schedule an appointment for Screening & counselling.

Step 2: Sessions – **WORKSHOP MODULE**

4 in-person sessions (3 instructional + 1 follow-up)

Monday to Thursday

Timings: 6 PM to 8 PM

Step 3: Diet

A personalized diet chart will be provided & explained, followed by 2 months of diet monitoring through an Excel sheet, with follow-up calls every 15 days.

Price: ~~Rs 8999~~ NOW at Rs 6500

(includes 4-day sessions, a personalized diet chart, and 4 on-call diet follow-ups.)

Get expert care—set up an appointment with Dr. Vibha Mallikarjun.

OPD Hours: Monday to Saturday, 10 AM to 12 PM

Monday to Friday, 6 PM to 8 PM

Location: Kangaroo Care, Vijayanagar, Bangalore

Toll Free No: 1800-425-4500

Website: www.kangaroocareindia.com

www.asanashakthi.com

Instagram: [asanashakthi](https://www.instagram.com/asanashakthi)



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