



## Weekly Yoga Nationwide & Global



**Address**

Nationwide Yoga Studio

**Contact Person**

Master Mahendran Mahaguru Dr Rajamanikam

**Mobile Number**

+601169860051

**Email**

info@malaysiapranavayoga.org

### SOME PACKAGE LIST

- 90 Yoga Postures
- 9 Pranayamam
- Bandhas
- 7 Chakra
- Kriyas
- and more...

### BONUS

- Natural living tips from World's Oldest & Largest TAMIL CIVILIZATION Pure Scientific Knowledge
  - Food & Beverage
  - Postures & Breathing relieving sickness
  - Cooking methods enhance nutrition absorption by body
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## MEGA BONUS

- **Online revision Video, Audio, eBook**
- **Multiple languages i.e. in Tamil, English, Chinese and in Malay**

For more details, please visit <https://www.uniqueyellowpages.com/app/detail/weekly-yoga-nationwide-global-klang-85>

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