

Malaysia's Premier Ayurvedic Centre Since 2000



PRIVATE SESSION (7-8 Kids Per Session) RM80 Children derive enormous benefits from Yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface.



For Registration & Enquiries please feel free to speak to Seelan or Nirmala at 03-79542899 / 0122149151