



Be & Make Swami Vivekananda

YOGA

& MEDITATION *Class*

BALANCE YOUR MIND, STRENGTHEN YOUR BODY



Services Offered

- Regular Yoga
- Therapy Yoga
- Children's Yoga
- Meditation Classes
- Teacher Training Course



WITH:
FARZIN Z
SHOLAPURWALA

WWW.BEANDMAKEYOGA.COM | +91-9731863070

Welcome to the world of Yoga



AT BE AND MAKE SWAMI VIVEKANANDA YOGA INSTITUTE, WE ARE DEDICATED TO SHARING THE PROFOUND BENEFITS OF YOGA WITH EVERYONE IN SOCIETY.

ESTABLISHED IN 2008, OUR INSTITUTE OFFERS A WIDE RANGE OF YOGA PRACTICES SUITABLE FOR ALL AGES AND EXPERIENCE LEVELS.

WE BELIEVE THAT YOGA BRINGS HEALTH, HAPPINESS, AND HARMONY TO INDIVIDUALS, ADDRESSING THE CHALLENGES OF MODERN LIFE.

OUR VISION AND MISSION REVOLVE AROUND MAKING YOGA ACCESSIBLE TO ALL, WHILE OUR AFFILIATION WITH S-VYASA UNIVERSITY SINCE 2016 ENSURES THAT WE STAY AT THE FOREFRONT OF YOGA KNOWLEDGE.

Affiliations



WORLD YOGA
ALLIANCE



INDIAN YOGA
ASSOCIATION



VIVEKANANDA YOGA
ANUSANDHANA
SAMSTHANA, BANGALORE

YOGA SERVICES WE OFFER

for Improved health and well being

REGULAR YOGA

FOR EVERYONE
& ANYONE

THERAPY YOGA

FOR ALL
MEDICAL
DISORDER

CHILDREN YOGA

PERSONALITY
DEVELOPMENT

PERSONAL CLASSES

HOME &
OUR YOGA
CENTER

GROUP CLASSES

IN YOUR SOCIETY
OR RESIDENCE

TEACHER TRAINING COURSE

THERAPY TEACHER TRAINING COURSE

CORPORATE & INSTITUTE YOGA

PRENATAL / POSTNATAL YOGA



**All our classes are Online enabled for remote participation at no extra cost*

SOME OF THE FOCUSED AREAS:

- Regular Yoga
- Therapy Yoga
- Childrens Yoga
- Prenatal & Postnatal Yoga
- Senior Citizen Yoga
- Yoga at your Home and Society
- Yoga for Weight Loss
- Yoga for Thyroid
- Yoga for Diabetes/ low blood sugar
- Yoga for Cholesterol, Fatty Liver
- Yoga for Schools & Corporates
- Spiritual and Meditation classes
- Yoga for Back Pain relief
- Yoga for Rheumatoid Arthritis
- Yoga for a healthy heart
- Yoga for Anxiety, Insomnia and Stress
- Yoga for Self Care
- Yoga for more energy and brighter moods
- Yoga for Strength, Balance and Flexibility
- Yoga to recover from physical injury
- Yoga for Depression
- Yoga for Asthma
- Yoga for Immunity boost
- Yoga for better digestion
- Yoga for Lungs infection and health
- Yoga for Focus, Awareness, Concentration, Happiness, Hypertension, Positive thinking
- Yoga for Frozen Shoulder
- Yoga for Back Pain
- Yoga for Spondalitis
- Yoga for Varicose veins
- Yoga for Slipped Disc
- Yoga at improving eye sight
- Yoga for Infertility
- Yoga for Endocrine issues
- Yoga for Tennis Elbow
- Yoga for Fibromyalgia
- Yoga for Knee pain
- Yoga for Accidental stress
- Yoga for Anger management
- Yoga for Allergies
- Yoga for Sleeplessness
- Yoga for Sleep Apnia
- Yoga for Insomnia
- Yoga for Gas, Acidity, Acid Reflux
- Yoga for Indigestion
- Yoga for Headache
- Yoga for Migraine
- Yoga for Bronchitis
- Yoga to Bronchial Asthma
- Yoga for Wheezing
- Yoga for Asthma
- And more...



Time

REGULAR YOGA (Mon to Fri)

	TIME	PRE / POST SESSION
Reg A	05:30 AM - 06:30 AM	PRE:05:20 AM - 05:30 AM
Reg B	06:00 AM - 07:00 AM	PRE:05:50AM - 06:00 AM
Reg C	07:00 AM - 08:00 AM	POST:8:00AM - 08:10 AM
Reg D	08:15 AM - 09:15 AM	POST:9:15AM - 09:25 AM
Reg E	10:00 AM - 11:00 AM	PRE:9:50AM - 10:00 AM
Reg G	06:00 PM - 07:00 PM	PRE:05:50 PM - 06:00 PM

THERAPY YOGA (Mon to Fri)

	TIME	PRE / POST SESSION
ThA	05:30 AM - 06:30 AM	PRE:05:20 - 05:30 AM
ThB	06:00 AM - 07:00 AM	PRE:05:50 - 06:00 AM
ThC	07:00 AM - 08:00 AM	POST:8:00 - 08:10 AM
ThD	08:15 AM - 09:15 AM	POST:9:15 - 09:25 AM
ThE	10:00 AM - 11:00 AM	PRE:9:50 - 10:00 AM
ThG	04:30 PM - 05:30 PM	POST: 5:30 PM - 5:40 PM
ThH	06:00 PM - 07:00 PM	PRE:05:50 PM - 06:00 PM



Fees Structure

Admission Fees: ₹750/-

REGULAR YOGA

Monthly	₹1450
Quarterly	₹3999 (₹1333/mo)
Six months	₹7140 (₹1190/mo)
Yearly	₹13250 (₹1104/mo)

THERAPY YOGA

Monthly	₹1800
Quarterly	₹4950 (₹1650/mo)
Six months	₹9500 (₹1583/mo)
Yearly	₹18500 (₹1542/mo)

PLEASE NOTE

****Fees once paid will not be refunded, adjusted, carry forward to next month in any situation. (Ex. Accident/ Sickness/ Transfer/ in event of death/ etc)**

Thank You



CHOOSE YOUR CAREER IN **YOGA TTC**

Transform your passion into a rewarding profession with our 12 weeks/ 300+ hours of Teacher Training Course (TTC)

**INTERNATIONALLY ACCREDITED
CERTIFIED PROFESSIONAL TTC
COURSE**

3 MONTHS / 300 HOURS / (MON TO FRI)

- Internationally Recognised Program
- International Teaching Standards
- VYASA University Affiliated
- Certified & Experienced Teachers
- Internship Opportunity
- Easy placements anywhere in the world
- Fundamentals of yoga



- Introduction to yoga
- History and philosophy of yoga
- Ancient roots of yoga
- Different forms of yoga
- Meditations
- Various Aasnas, Mudras, Pranayamas
- Human Anatomy
- Cause of Diseases & Symptoms

LEARN
TEACH

NEW BATCHES STARTS SOON!



YOGA FOR KIDS

Yoga and mindfulness to improve Physical and Mental health in for children. Age 4+



GIVE YOUR CHILD THE EXPERIENCE OF YOGA, MEDITATION AND BREATH

WEEKEND & WEEKDAY

Play Based Yoga
Easy Poses
Personality development
Fear overcome techniques
Develop Confidence

Yoga can help children infuse energy and confidence into their personalities.



BENEFITS

- Develops awareness of body, mind and breath.
- Helps arrest a child's wandering mind.
- Builds attention span and concentration power.
- Augments imagination and creativity.
- Relieves mental and physical fatigue. Boosts energy levels and provides deep relaxation.
- Helps overcome negative emotions like jealousy, fear and anger.
- Fosters a positive self image and increases confidence.
- Increases breathing and lung capacity.
- Exercises, strengthens and lengthens different muscles in the body.
- Encourages healthy food habits. A blessing for parents who have to deal with picky eaters and junk food addiction
- Reduces obsession with TV and other electronic devices



"Every child has creativity in them and this finds an expression when they practice yoga and meditation."
- Gurudev Sri Sri Ravi Shankar



CHILDREN BATCH FEES & TIME



A	04:30 PM to 05:30 PM	Monday
B	04:30 PM to 05:30 PM	Wednesday
C	04:00 PM to 06:00 PM	Saturday
D	09:00 AM to 11:00 PM	Sunday

	DURATION	MONTHLY	QUARTERLY
Weekend Yoga Saturday + Sunday	4 hrs	Rs.1950/-	Rs.5500/-
Weekdays Yoga Monday + Wednesday	2 hrs	Rs.1300/-	Rs.3600/-
One Weekday & One Weekend Sat+ Mon /OR Sun + Mon /OR Sat + Wed /OR Sun + Wed	3 hrs	Rs.1650/-	Rs.4600/-
Two Weekdays & One Weekend Mon + Wed + Sat /OR Mon + Wed + Sun	4 hrs	Rs.2150/-	Rs.6100/-
One Weekdays & Two Weekend Mon+ Sat+ Sat /or Wed+ Sat+ Sun	5 hrs	Rs.2350/-	Rs.6100/-
All 4 days Mon+ Wed + Sat + Sun	6 hrs	Rs.2500/-	Rs.7000/-

*Admission fees of **Rs.950/-** is applicable for new admissions

**Extra discount of Quarterly payment

**ONLINE +
OFFLINE**

**REGISTER
NOW**

Children Leaderboard



Certificates and awards being given to childrens on childrens day celebration for performing best aasnas and shloka chanting competition.

SOME HAPPY PARENTS & KIDS



Be and Make swamy vivekananda Yoga Centre class was a hit! The instructors are skillfully blended movement, storytelling, and laughter, creating a joyful environment. My child not only learned yoga poses but also developed a newfound sense of calm, focus, and many life lessons. It's a fantastic, holistic experience for young minds and bodies. Thank you Ferzin Mam and team for providing healthy and safe environment



Hi, this is Kashika's mother. After joining the yoga classes she has acquired some knowledge about yoga asanas, flexibility has improved, energy level has got a boost. Thank you



I started to practice yoga due to back pain. Then I saw the benefits were excellent. Later my entire family joined. My kids enjoy doing it. Kids show asanas to others and they feel it's one of their talents.



The kids' yoga class is a wonderful way to promote healthy habits. The instructor is fantastic at making yoga accessible and enjoyable. It's a perfect mix of fun and relaxation for my son. The instructor keeps every child engaged with imaginative games and gentle poses. Highly recommended! Thank you to Be and Make Swami Vivekananda Yoga center



My son's first yoga class was a success. He enjoyed the playful atmosphere and made new friends. It's a great introduction to yoga for children. He gets the right balance between yoga and fun activities. I'm happy he is learning to stay active and relaxed.



Great yoga class for kids! My son has become more flexible and mindful. The instructor's patience and positive energy make it a hit with the little ones. Also, I'm impressed with the variety in this kids' yoga class. From animal poses to storytelling, it keeps the little ones engaged and excited about coming back. Thank you to Be and Make Swami Vivekananda Yoga center





REVIEWS FROM GOOGLE

PLEASE VISIT GOOGLE REVIEWS FOR MORE REVIEWS

Be and Make Swami Vivekananda Yoga
 7th cross, 10th Main Road,Kaggadasapura, Post, Maruthi Nagar, Malleshpalya, New
 Tippasandra, Bengaluru, Karnataka
 4.9 ★★★★★ 241 reviews

4.9



Jandhyala Vardhan ★★★★★

Be and Make Swami Vivekananda yoga institute is a wonderful yoga institute, Teachers here are very dedicated and very knowledgeable, especially Ravi sir, who takes our Therapy sessions. Along with Yoga, we get to do meditation, various pranayama and some wonderful tips and information on how to deal with many important aspects of life like, work, relations, diet, health etc. from madam Farzin.
 I have enrolled to Therapy Yoga in April 2022, as a post COVID effect, I was diagnosed of diabetes, and report showed the blood sugar level as 360+. With in a span of 2 months, I am now seeing normal blood sugar levels. My doctor reduced the power of medication. I feel very energetic and full of life now. I am very blessed for choosing yoga and that too here



Supritha Bachan ★★★★★

Best Yoga therapy classes conducted here and provides personal attention on every member. I joined the classes recently and love how mindful, relaxed and present I am during and after each session.



Janaki Nistala ★★★★★

Be and Make swami vivekananda yoga centre is the best holistic yoga centre .My thyroid levels came down drastically with regular practice under the guidance of Ms.Mamtha Manoria ma'am who is very dedicated and caring .Iam thankful to Farzin ma'am for her encouragement. I wish to keep practicing yoga and would suggest everyone to try yoga and be stress-free. THANK U

FOR FEES PAYMENTS:

SCAN ME

SCAN to PAY from any UPI App



BE AND MAKE SV YOGA

UPI ID: 9731863070@IOB

General Guidelines

WE REQUEST YOU TO KINDLY FOLLOW THE BELOW

- Always try and come 5 minutes early to class. You are requested to attend classes regularly and get maximum benefits of yoga
- Please park your bike/scooter inside the institute premises. Cars to be parked 3-4 buildings away to avoid inconvenience to others
- For new students please contact reception for locating your class as we have multiple batches in parallel
- Always carry your own Yoga mat
- Always wear your uniform while attending class
- Always carry a water bottle and towel
- Always keep your phone on silent mode
- Always keep one spare notebook and a pen

Before the Practice:

- Saucha means cleanliness -an important prerequisite for yogic practice. It includes cleanliness of surrounding, body and mind
- Yogic practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.
- Yogic practice should be done on an empty stomach or light stomach.
- Consume small amount of honey in lukewarm water if you feel weak
- Drink aloe vera + amla + water early morning
- Bladder and Bowels should be empty before starting Yoga practice
- A mattress, yoga mat should be used for the practice
- Light and comfortable cotton clothes are preferred to facilitate easy movement of the body
- Yoga should not be performed in state of exhaustion, illness, in a hurry or in acute stress condition
- In case of chronic disease/ pain/ cardiac problems, a physician or a yoga therapist should be consulted prior to performing yoga practices
- Yoga experts should be consulted before doing yoga practice during pregnancy and menstruation

General Guidelines

DURING THE PRACTICE:

- Practices sessions should start with a prayer or invocation as it creates a conducive environment to relax the mind
- Yoga practices shall be preformed slowly, in a relaxed manner, with awareness of the body and breadth.
- It takes some time to get good results, so persistent and regular practice is very essential
- There are contra-indications/limitations for each yoga practice and such contra-indications should always kept in mind.
- Yoga session should end with meditation / deep silence / shanty pat

AFTER THE PRACTICE:

- Bath may be taken only after 20-30 minutes of practice
- Food may be consumed only after 20-30 minutes of practice

FOOD FOR THOUGHT

- A few dietary guidelines can ensure that the body and mind are flexible and well – prepared for practice. A vegetarian diet is usually recommended, and for
- a person over 30 years, two meals a day should suffice, except in cases of illness or very high physical activity or labour

HOW YOGA CAN HELP

Yoga is essentially a path to liberation from all bondage. However, medical research in recent years has uncovered many physical and mental benefits that yoga offers; corroborating the experiences of millions of practitioners, a small sampling of research shows that:

- Yoga is beneficial for physical fitness, musculoskeletal functional and cardio-vascular health
- It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many lifestyle relate disorders.
- Yoga helps to reduce depression, fatigue, anxiety disorders and stress
- Yoga regulates menopausal symptoms.
- In essence, yoga is a process of creating a body and mind that are stepping stones, not hurdles, to an exuberant and fulfilling life



Be & Make Shop

🛒 Garden Fresh Alovera Juice
100ml OR 250ml

🛒 100% Pure Organic Honey
0.5kg OR 1 kg

🛒 Neem Powder

🛒 Amla Powder

🛒 Hair Pack

🛒 Vinegar 1L

🛒 Eye Cups
Type 1 , Type 2 , Type 3

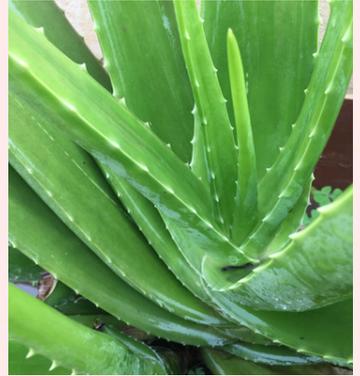
🛒 Neeti Pot

🛒 Yoga Mats
3mm , 4mm , 6mm

🛒 Heena Powder

🛒 Weight Loss Medicines

🛒 Accupressure Rings

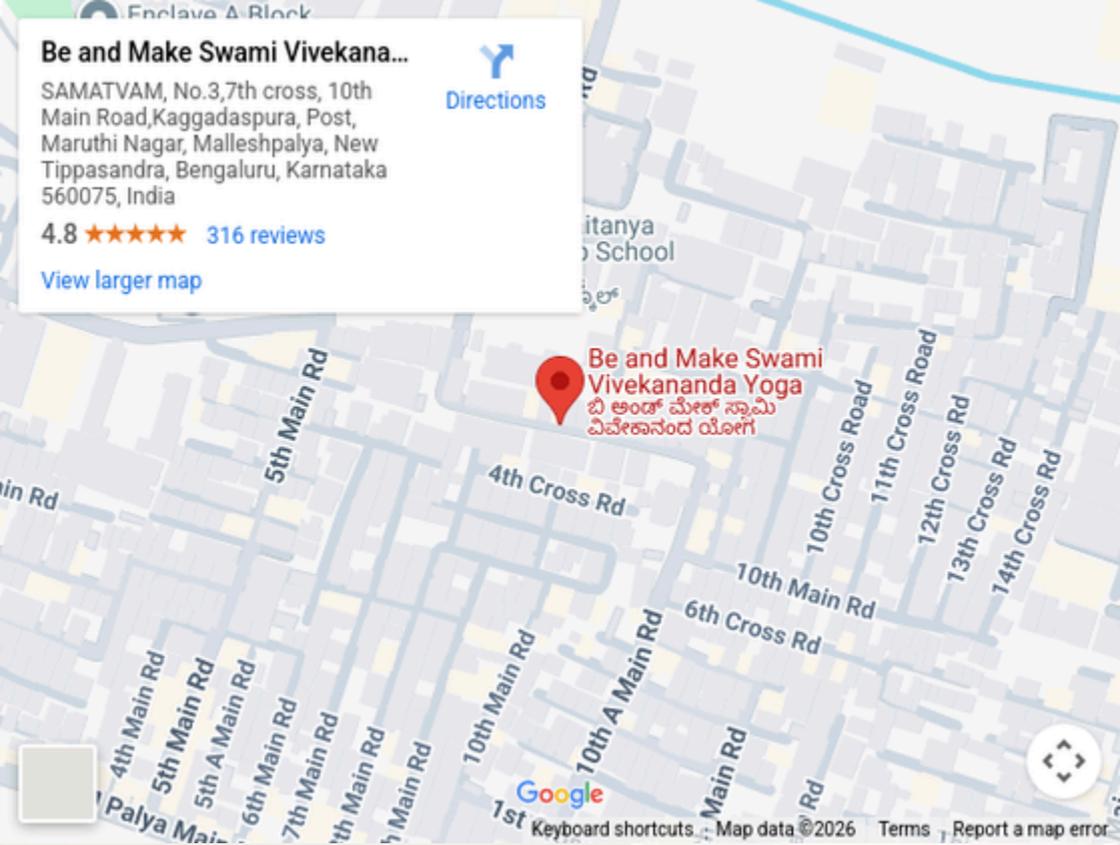


Be and Make Swami Vivekana...

SAMATVAM, No.3,7th cross, 10th Main Road, Kaggadaspura, Post, Maruthi Nagar, Malleshpalya, New Tippasandra, Bengaluru, Karnataka 560075, India

4.8 ★★★★★ 316 reviews

[View larger map](#)



Address: 7th cross, 10th Main Road, Kaggadaspura, Post, Maruthi Nagar, Malleshpalya, New Tippasandra, Bengaluru, Karnataka 560075

<https://maps.app.goo.gl/UCxi5CqzkEQ79vBd6>



PLEASE REVIEW US ON GOOGLE

[HTTPS://G.PAGE/R/CRTKSWGEEPE4EAI/REVIEW](https://g.page/r/CRTKSWGEEPE4EAI/review)

REVIEW





WWW.BEANDMAKEYOGA.COM



@BEMAKESWAMIVIVEKANANDAYOGA



@BEMAKESWAMIVIVEKANANDA



@BEANDMAKEYOGA



HTTPS://WA.ME/9731863070



JOIN OUR WHATSAP CHANNEL
BE AND MAKE SWAMI VIVEKANANDA YOGA



INFO@BEANDMAKEYOGA.COM

YOGA ADDS YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS

THANK YOU FOR BEING A PART OF THIS JOURNEY,

*Shantini
Shatapurnwala*

+91-9731863070