



आरोग्य भारती

आध्यात्मिक स्वास्थ्य



राष्ट्रीय कार्यशाला - 20 जून 2024

स्थान - वेदरनरी तमिस्रनाडु, तमिऴनाडु, भारत

Revitalize your hearts and minds with Yoga



Everyday yoga classes for a peaceful mind

www.muktrathyoga.in



About Us

Sannyasi Muktrath background in Yoga and performance initially led to his interest in meditation and yoga 12 years ago. His resonance with the yogic teachings and regular meditation practice saw him undertake training at Bihar School of Yoga, Munger, recognised as one of the most premium centres of Yoga in the world and Bihar Yoga Bharati (a Deemed University), Munger, as a yoga teacher in the traditional Satyanand and Satyananda Hatha style. He has since completed his 1500 hours Yoga Teacher Training and worked at various sites including IAS(Civil Services Officers Institute) Club, Administrative Training Institute, Jharkhand High Court Judges Family set up and BSNL. Also having taught yoga in Ranchi University and participated and led a super team in the Prime Minister Narendra Modi led mega Yoga programme in Ranchi on the occasion of the International Yoga Day in Ranchi on June 21, 2019, Muktrath has divine voice. More, he is passionate about deep mind and body practices that not only cultivate physical strength and flexibility, but facilitate mental and spiritual awareness and well-being.

Why Yoga?



Yoga is a top class medium to achieve a goal-keep healthy and wise.It's a superb mechanism to manage O2 and CO2 system in the human body. Traditionally, the word 'yoga' means to maintain physical fitness of the body and the mind. Ancient Yogis used this practice- hours of asana (postures) in order to get their body ready for meditation. Sometimes for a whole day! Today in modern society, we use yoga on and off the mat to improve our quality of life and to learn how to master the mind. What better way to focus the mind than to move the body.

We have knowledge and expertise to make you learn the foundations of yoga postures and get super strong in our bodies, as well meditation, breathing techniques and the pillars of yoga philosophy. It is a practice of empowerment and self study and one that will change your life.

The SYM aims to deliver affordable yoga classes to students on the space of their choice and also provide a safe and comfortable space for the practice of yoga. Here at SYM , we promise to arm you so that you will gain the knowledge and tools of Yoga in order to find what makes you feel good. Our Mission takes a holistic approach to the practice with Hatha and Vinyasa yoga practice to improve fitness, mental health and well being. Classes are taught by qualified and experienced yoga teachers daily/weekly on several sites of our members/students/guests, and are designed for both the beginner and intermediate/advanced yogi. We hope to see you on the mat soon!



About SYM

Join Our Classes



Yoga Teachers Training Course



Advance Yoga Training Course



One Year Diploma in Yog Science



Diploma in Yoga Therapy



Yoga Health Management Course



Advance Yoga Training Course



Yoga Certificate Course



Mediation Sivr



Personality Development Course



Sanskritik Karyasala



Yoga Camp



Yoga Sivr in Rural Belt

Our Centres

**Sarovar Enclave, Kanke
Road, Ranchi**

**Aroma Palace, 2nd
Floor, Behind
Firayalal, Main
Road, Ranchi**

**Tagore Palace, Chirondi
Road, Ranchi**

**Jharkhand Civil Services
Officers Institute (IAS
Club), Ranchi**

Rani Kothi, Doranda

**CD-416, Sector
III, Dhurwa, Ranchi**

Meet Our Trainer



Sannyasi Muktrath

Sannyasi Muktrath is a passionate yoga teacher with a background in traditional Satyanand and Satyananda Hatha style. He holds qualifications in Advance Yoga training, PG Diploma in Yogic Science, and PG in Yog Science.

Sannyasi Muktrath's background in Yoga and performance initially led to his interest in meditation and yoga 12 years ago. His resonance with the yogic teachings and regular meditation practice saw him undertake training in Muzaffarpur and Deoghar as a yoga teacher in the traditional Satyanand and Satyananda Hatha style. He has since completed his 1500 hour Yoga Teacher Training and worked at various sites including IAS(Civil Services Officers Institute) Club, Administrative Training Institute, Jharkhand High Court Judges Family set up and BSNL. Also having taught yoga in Ranchi University and participated and led a super team in the Prime Minister Narendra Modi led mega Yoga programme in Ranchi on the occasion of the International Yoga Day in Ranchi on June 21, 2019, Muktrath has a divine voice. More, he is passionate about deep mind and body practices that not only cultivate physical strength and flexibility, but facilitate mental and spiritual awareness and well-being.

Explore More

Visit our official website and studios for detailed information

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