



VaYU
Shakti

Elder Care





Restart life with us, today!

As we grow, our need to restore the connection within, rest the imbalances, and rejuvenate every aspect of our being, also grows. It is said age is just a number. And with yoga, it surely is!

At VaYU Shakti, we take seniors on an immersive journey with yoga and other natural treatments that ensure holistic wellbeing. We offer a myriad of solutions that not only ensure that our elders' physical health is at its best but also that they live life to the fullest, while at peace with themselves.

With us, it's never too late to begin a new chapter in life.



Where knowledge meets experience

Welcome to VaYU Shakti, an enterprise dedicated to keeping you happy and healthy through authentic yoga, backed by scientific research and evidence-based practices. With our guided expertise, we enable you on a journey to unlock your ultimate potential.

We offer solutions that will help you:

- ❖ Energize your body and mind naturally
- ❖ Build on your strengths
- ❖ Focus your mind
- ❖ Live in harmony with the environment

With our extensive knowledge of yoga and all its benefits, we offer our customers an enhanced way of living.

Elements of your transformation

At VaYU Shakti, every solution is created keeping holistic wellness at the forefront. We offer integrated wellness solutions customized to strengthen the mind, body, and soul.

Our solutions include:

Ashtanga Yoga

Yoga is not just a physical exercise. It is a comprehensive system of body, mind, emotion, and intelligence. Ashtanga Yoga provides step-by-step guidance to achieve total harmony with nature and one's inner self. It is an 8-part system consisting of regulated breathing, mindfulness, meditation, sensory control, physical exercise, focus, personal and civic practices, and more.

Nutrition

Physical, mental, and emotional energy is directly correlated to the kind of food one consumes. While every individual is unique, so are their dietary requirements. We offer personalized guidelines for nutrition and food habits to steer you towards a better you.

Coaching

We have a stellar group of experts from various disciplines of wellness, to guide you through this journey by drawing on their own personal experiences. Right from asanas, pranayamas, and kriyas to their benefits, limitations, planning, and methodology, our coaches bring with them extensive knowledge.



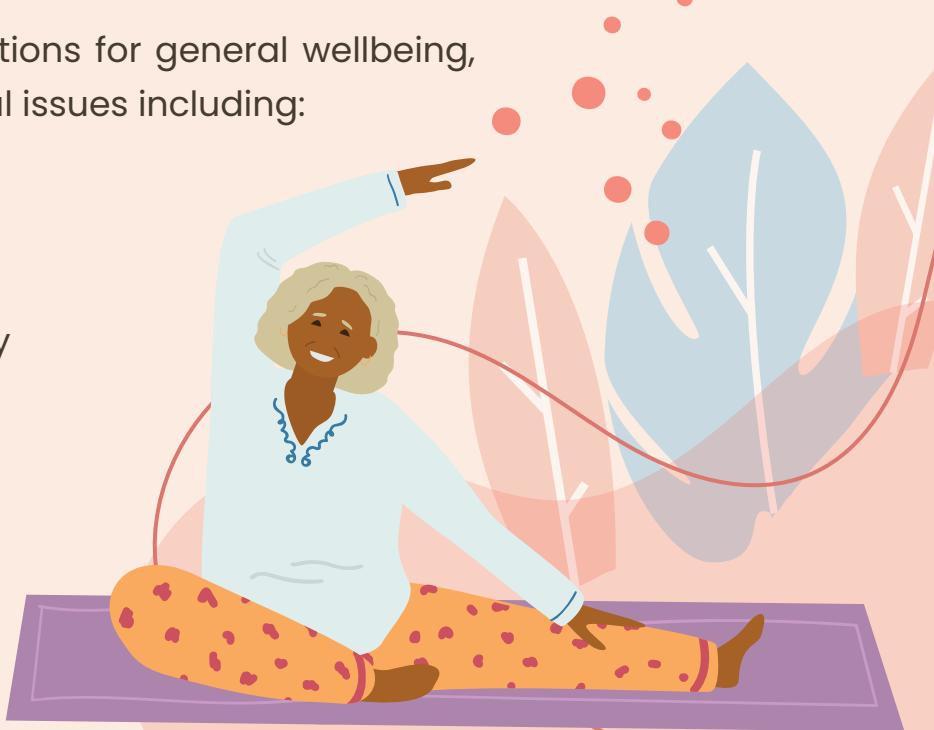
Connect with yourself

With Vayu Shakti's style of holistic wellness, you can slow down body aging process, increase longevity, manage, reduce or even reverse chronic conditions.

We address these concerns with our geriatric yoga protocols, nutritional guidance, and a personal coach.

In addition to providing solutions for general wellbeing, our protocols address several issues including:

- Cardiovascular
- Hypertension
- Diabetes
- Compromised immunity
- Depression
- Alzheimer's
- Cognitive Decline



As a result of these extensive programs, seniors can enjoy:

- A better quality of life with good health, flexibility, and mobility
- An empowered, independent, and enhanced life, with fewer age-related disabilities
- A rejuvenation of the body and mind
- Enhanced immunity
- Reduced anxiety and stress
- Feeling socially and emotionally secure and confident





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Get in touch

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