



Progressive Yoga

Make YOGA part of your life

FREE DEMO



PROGRESSIVE YOGA, introduces a powerful and innovative system of Yoga combining ancient yogic techniques (asanas, pranayamas, bandhas, kriyas & mudras), with modern cardiovascular-training and partner-stretches that work on the Individual right from the physical level (where flexibility, strength and endurance are the primary goal) to the mental and spiritual levels, where awareness of the body, alertness of the mind and meditation bring about a complete transformation.



Group Sessions

Fitness & Wellness Yoga

YOGA is designed and practiced to keep the body flexible, healthy and strong, while the mind learns to maintain the peace and thus resulting in satisfying the soul.



Private Sessions

Therapeutic Yoga

Yoga has been proven time and again to cure even the chronic health conditions with regular practice. A detailed evaluation of your condition and treatment will be part of your protocol.



Corporate Sessions

Progressive Yoga Centre, is conveniently located in the center of the city @ Begumpet. With state of art facilities, perfect ambience and experienced instructors, the journey with YOGA is assured to be enriching. With facilities like showers, lockers, changing rooms, private rooms, ample parking etc., convenience has been taken care of.



6-3-1191/8, Behind Mebaz,
Begumpet, Hyderabad - 16

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A unit of Progressive Physio Care & Research Pvt. Ltd.