

Yoga with Nikesh



Although the idea of running an online class seemed unusual in the beginning, I am grateful for the technology which has helped me continue to share my practice in these testing times. Thank you to all those who have shared their positive energy with me via the online session.

7 Day Home Yoga Challenge

9th May 2020

Discover a new way of looking at the world

7 Day Home Yoga Challenge

- Suitable for everyone
- Yoga, meditation & coaching

1. Increase awareness
2. Increase strength & flexibility
3. Realize your purpose

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Get a better understanding of yourself



We are now taking bookings for our 3rd round of 7 Day Home Yoga Challenge as we would be delighted to have you join us. This challenge extends past a 1-hour class, where a key principle is to encourage yoga to be taken as part of your day-to-day life. Another important principle that we are trying to encourage is to take the practice further; independently, and this is why we have 5 Zoom classes and 2 self-

practices where we will send you a unique set class to complete. We also offer an additional coaching session that is optional for you to take in the week.

Our current cohort have said that this challenge helped them look past their physical practice in yoga and dwell a bit further on mindfulness practice alongside the asanas.

Each day has their own themes and the yoga practice will be based on these themes;

Days	Theme
Day 1 (Saturday)	Being grounded
Day 2	Having fun
Day 3	Facing fear
Day 4	Love
Day 5	Express and share
Day 6	The "future" feel
Day 7 (Friday)	That's the spirit!

'Having just finished the first week of Nikesh's yoga challenge, I can honestly say it's been an incredible experience. Nikesh's commitment, patience and love for yoga really shone through throughout the week, whereby he took my physical practice to a new level. He also unlocked a way of life, whereby through his coaching sessions he highlighted how yoga is more than just the physical practice but also about breathing, meditation and reflection. Through this way of life, you can use yoga to empower you to make decisions you would never have thought you could and achieve everything you've wanted. In today's day and age, whereby we feel like life is flying past us he highlights how slowing down can actually help you achieve more and lead a more fulfilling life. Nikesh is a great teacher, and his passion for the practice is unparalleled. I will most definitely do the challenge again in a few weeks' time.' - Participant, 7 Day Home Yoga Challenge

[Book Now](#)

Online Yoga Classes



Our online classes are available via Zoom and are **interactive** with verbal cues to help you make the most out of these sessions. The classes are **one hour long which includes 50 minutes of Asana practice and 10 minutes of meditation/relaxation.**

Sunday 10am - 11am: **Surya Namaskar Discipline**

Monday 7.45am - 8.45am: **Slow Flow & Meditation**

Tuesday 8am - 9am: **Morning Flow Yoga**

Thursday 6.30pm - 7.30pm: **Hatha Yoga**

Saturday 10.15am - 11.15am: **Vinyasa Flow Yoga**

[Book Now](#)

YouTube

Every Saturday at 9am, I post a free yoga class on YouTube. I hope you find these sessions useful. We welcome any feedback on these videos via emails or directly on our YouTube channel.

<https://www.youtube.com/watch?v=IRbIVlpRVAs&t=223s>

[For more information, please visit our website.](#)

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