

7 Day Home Yoga Challenge

Our first cohort of this challenge is doing exceedingly well. They are on Day 4 of this challenge. So far, they have completed 4 yoga sessions for 4 consecutive days where each day they have reflected on set themes to enable them to take yoga practice past the one hour class. Without a shadow of doubt, this has been physically, mentally and emotionally tough. However, the feedback is demonstrating that our participants are enjoying the program and seeing some of the benefits such as increased flexibility in the body and mind.

'Nikesh is a great teacher, which highlights his calming and patient nature. I have only been taught by him for 2 days as part of his virtual challenge to get through this lockdown period and I have already learnt so much with regards to my yoga practice and breathing techniques. His experience shines through and he has transitioned to online teaching seamlessly. Joining this challenge was one of the best decisions I have made, and I am looking forward to getting through the rest of the week, knowing I will come out of the other end with a wealth of knowledge, which will enable me to progress in my own practice.' - Nishil (Participant from the first cohort who is well on his way to completing the 7 Day Home Yoga Challenge - Well done Nishil!)

Take a glimpse of our program: [Day 3 Follow up video](#)

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

RYT 200 yoga

The next challenge starts this **Saturday 2nd May 2020**. We would love for you to join us. [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](#)

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