



Nirvaana Yoga

A HABIT ACADEMY VENTURE

Yoga

MADE PERSONAL

Awaken your essence. Find your balance. Transform your life.

www.nirvaanayoga.com

Who We Are?

At Nirvaana, we offer therapeutic, personalised yoga through a powerful blend of technology and human expertise.

Our AI-driven app uses a unique, automated Asana Sheet system to track each practitioner's needs, progress, and goals. Every session is thoughtfully enhanced by our expert teachers, ensuring your practice remains both intelligent and deeply supportive — whether you're with us in-studio or online.

Why Choose Us?



- Truly personalised yoga designed around your unique needs
- Exclusive Asana Sheet system tracks your goals and progress
- Hybrid access — seamless in-studio and online options
- Therapeutic focus for recovery, stress relief, and lifestyle support
- Mentorship and community that grow with your practice

Personalized Yoga – That Evolves With You



Not a group class. Not a fixed routine.

At Nirvaana, your yoga practice is carefully designed through a one-on-one consultation, tailored to your health needs or goals, and redefined every 15 days based on your progress — with continuous guidance from expert teachers.

Backed by real results in cases of PCOD, PCOS, fibroids, infertility, thyroid disorders, stress, and anxiety.

Yoga Retreat



Rejuvenate in sacred spaces through guided yoga, meditation, nature walks, and holistic workshops.

25
YEARS
EXPERIENCE

“Rooted in 25 years of experience
guiding students on their yoga
journey.”



Teachers' Training Course (TTC)

Welcome to a sanctuary of self-discovery, balance, and transformation — whether you're a beginner seeking wellness, a traveler in search of a mindful escape, or an aspiring yoga teacher, your path begins here.

200
HOURS

- Asana, Pranayama & Meditation
- Yoga Philosophy & Ethics
- Anatomy & Alignment
- Teaching Methodology
- Lifestyle & Nutrition
- Get hands-on teaching experience with our post - TTC internship

We're proud to be the only institute offering this unique hybrid approach — thoughtfully designed for those seeking authentic yoga training without compromising on quality. With core teachings delivered online and in-person sessions focused on deep practice, this program provides a balanced and immersive teacher training experience.

Join us to experience lasting bliss, peace, and tranquility. Don't just practice yoga; awaken your true self with us!

Private sessions available **online or in person.**
June 2025 hybrid batch enrolling now.



Nirvaana Yoga

A HABIT ACADEMY VENTURE

Claim your 3 free session calls — just use the promo code!

Promo Code | **'NIRVAANA'**

For support, contact us on



+91 97784 71498, +91 93989 67192



support@habitacademy.in

Our yoga studio locations

Hyderabad

Plot No:71, Samhitha Enclave, KPHB Phase 9, Hyderabad, Telangana 500085

Kochi

Paradise Rd, Vyttila, Ernakulam, Kerala 682019

Providence Rd, Kacheripady, Ernakulam, Kerala 682018

www.nirvaanayoga.com

