



MOVE WITH ANII

About Me



After years in the corporate world, I felt the growing pull toward something deeper, something that felt aligned.

That journey led me to yoga. Today, as a 500-hour certified Hatha and Vinyasa Yoga Teacher, I combine ancient wisdom with modern awareness to help people reconnect with their bodies, breath, and purpose.

My classes blend movement, mindfulness, and meaning- creating space for growth both on and off the mat.

OFFERINGS

Morning Batch

Beginners welcome
Guiding students through foundational asana and breathwork, combining the Pawanmuktasana series with gentle vinyasa flows to build awareness, mobility, and confidence.

Evening Batch

Beginner-Intermediate

- Dynamic, sweat-building Vinyasa flows
- Building mobility and endurance
- Deepening flexibility and balance
- Moving with breath and awareness

Personal Classes

A deeper, holistic program designed for healing and transformation— addressing areas like hormonal balance, disease management, stress relief, and healthy weight loss through personalized yoga, breathwork, and lifestyle practices.

CREDENTIALS:

- POST GRADUATE DIPLOMA IN YOGA THERAPY (PGDYT) - YOGKULAM INSTITUTE
- 500-HOUR TTC (YOGA ALLIANCE CERTIFIED) - RISHIKESH VINAYASA YOGA SCHOOL
- TRAINED IN HATHA, VINYASA, MEDITATION, AND PRANAYAMA
- ASHTANGA YOGA PRACTITIONER (SELF PRACTICE)



AREAS OF FOCUS



- Hatha Gentle Practice
- Vinyasa Creative Flows
- Yoga Therapy
- Pranayama & Meditation
- Mindful Living & Self-Awareness

FIND MY FREE CLASSES ON YOUTUBE



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