

What to expect

- **100% Flexibility Of Choice** - Pick any class on the schedule as per your convenience
- **Safe and holistic** - All our formats are safe for all fitness levels. Low intensity - high impact
- **Small group classes** - Personal attention, ample space for movements
- **Beginner friendly** - you needn't be a Yoga enthusiast to find you Sama. We have our sessions designed to cater to both beginners and Yoga enthusiasts
- **Device free sessions** - We are not highly dependent on devices and electronics. Our focus is you!