

Who we are

SAMA (**सम**) is a state of calmness and tranquility of the mind, a perfect state of balance.

A Calm Mind=Sound Breath+Sound Mind+Sound Body and our class themes are designed to develop all 3 components equally.

We at Sama believe in being Here, Now

Our carefully curated programs are evidence based, mindful and balanced. We offer Short term courses, weekend workshops, group classes and one -on - one sessions to meet your specific needs.