

## OUR OFFERINGS

- YOGA
- YOGA + AERIAL YOGA
- YOGA + SOUND HEALING
- SOUND HEALING + AERIAL YOGA
- AERIAL YOGA
- MEDITATION
- THERAPY YOGA
- TAEKWONDO
- KICK-BOXING
- CARNATIC MUSIC
- CARNATIC VIOLIN
- BHAJANS
- NUTRITION CONSULTATION
- WORKSHOPS

## ABOUT US

At Amaramu, we believe true wellness lies in harmonising mind, body and spirit; combining stillness with strength, awareness with action and tradition with contemporary movement.

Not limiting ourselves to physical and mental disciplines alone, we have also embraced various forms of music and dance as integral parts of our wellness ecosystem. Music and dance act as powerful stress busters in today's fast-paced lives, offering joy, expression and emotional release.



[www.amaramu.com](http://www.amaramu.com)

## CONTACT US

+91 91006 55227

1335/H, Nandagiri Hills, Cable Bridge Road,  
Road No 45, Jubilee Hills, Hyderabad - 500 033



# WELLNESS

## STUDIO

### OPERATIONAL HOURS

MON - FRI : 6:00 AM - 7:30 PM  
SAT & SUN: 6:00 AM - 12:15 PM



# MEMBERSHIP PLAN

At Amaramu Wellness, we offer flexible plans (combo sessions) to suit your lifestyle and goals:

- Drop-in Sessions
- Weekly Plans
- Monthly Packages
- Quarterly Memberships
- Half-Yearly Plans
- Annual Memberships

Whether you're beginning your journey or deepening your practice, we're happy to tailor sessions to your individual needs.

Please reach out to us to customize your plan.



## YOGA CLASS SCHEDULE

The duration of each session is 55 minutes

|                        |                 |                          |
|------------------------|-----------------|--------------------------|
| Regular Yoga           | Monday - Sunday | 6 AM, 8 AM, 11 AM , 6 PM |
| Weight Management Yoga | Monday - Sunday | 7 AM, 5 PM               |
| Kids Yoga              | Monday - Friday | 4 PM                     |
| Prenatal Yoga          | Monday - Friday | 10 AM                    |
| Aerial Yoga            | Monday - Sunday | 9 AM, 5 PM               |
| Therapy Yoga           | Monday - Sunday | ON REQUEST               |
| Nutrition Consultation | Friday          | 3 PM                     |
| Meditation             | Saturday        | 8 AM                     |
| Prenatal Yoga          | Monday - Friday | 10 AM                    |
| Sound Healing          | Monday - Sunday | ON REQUEST               |





## TAEKWONDO CLASS SCHEDULE

The duration of each session is 55 minutes

|           |                   |       |
|-----------|-------------------|-------|
| Taekwondo | Saturday - Sunday | 11 AM |
|-----------|-------------------|-------|

## KICK-BOXING CLASS SCHEDULE

The duration of each session is 55 minutes

|             |                    |      |
|-------------|--------------------|------|
| Kick-Boxing | Tuesday & Thursday | 8 PM |
|-------------|--------------------|------|

## CARNATIC MUSIC CLASS SCHEDULE

The duration of each session is 55 minutes

|                        |                 |         |
|------------------------|-----------------|---------|
| Carnatic Music - Vocal | Monday & Friday | 5:30 PM |
|------------------------|-----------------|---------|

|         |   |         |
|---------|---|---------|
| Bhajans | 2 <sup>nd</sup> or 3 <sup>rd</sup> Saturday | 5:00 PM |
|---------|---|---------|

## CARNATIC VIOLIN CLASS SCHEDULE

The duration of each session is 55 minutes

|                         |                 |         |
|-------------------------|-----------------|---------|
| Carnatic Music - Violin | Monday & Friday | 6:30 PM |
|-------------------------|-----------------|---------|

**\*\*Combined Wellness Packages may be availed based on individual requirements.\*\***

Reach out to us for -

- Studio-Based Signature Programs
- Curated Community Wellness Circles
- Corporate Wellness Experiences



Begin your wellness journey with us.

