



# **GROWTH VIDHYAPEETH**

*transforming lives*





# YOG VIDHYAPEETH

With Latesh Shah : Founder – Chairman – Yoga Trainer

With Gajendra Sonar : Certified Yoga Trainer



# OUR VISION

**To Transform The World Through Love,  
Peace, Knowledge & Celebration**



# OUR MISSION

**To establish 10,000 Centers  
Worldwide, Transform 60 Crore people  
& Create 1,00,000 Leaders**

**We have trained  
more than 2,00,000 people since 2003**

# OUR WORKSHOPS



**10 X PRODUCTIVITY MASTERCLASS**  
ACCOMPLISH 100 IMPORTANT TASKS  
EVERY SINGLE WEEK

**THE MISSING PIECE TO SUCCESS**  
JOURNEY TOWARDS INFINITE SUCCESS  
IN ALL THE AREAS OF LIFE



**SUPER MEMORY MASTER LEVEL 0**  
ONLINE MEMORY WORKSHOP FOR STUDENTS  
& PARENTS OF 5TH STD TO POST GRADUATION

**SUPER MEMORY MASTER LEVEL 1**  
COMPLETE STUDY SKILLS SOLUTION  
FOR 5TH STD TO POST GRADUATION STUDENTS



**EMOTIONAL MASTERY WORKSHOP**  
4 DAYS || 6 AREAS OF EMOTIONAL MASTERY ||  
1 LIFE OF FULFILLMENT

**LIFE VIDYAPEETH LEVEL 1**  
RECREATE-REJUVENATE-REINVENT YOURSELF 3 DAYS  
OF COMPLETE SELF TRANSFORMATION PROCESS



**GAMIFIED TODDLER PARENTING**  
A FUN & EFFORTLESS WAY TO INCULCATE  
VALUES & BUILD HABITS IN YOUR CHILD

**SUPER PARENTING WORKSHOP**  
"CREATE AN AFFECTIONATE, SMOOTH  
& LOVING BOND WITH YOUR CHILD"



Mayour Nandu  
International Business Coach  
& Cashflow Consultant



Driple Shah  
Productivity Coach  
& Consultant



Bhuvan Dhanesha  
Memory Coach  
& Career Consultant



Urvi Dhanesha  
Parenting Coach  
& Relationship Consultant



Ccharmy Chheda Nandu  
Life Coach & Emotional  
Intelligence Consultant



Kimi Shah  
Memory Coach  
& Career Consultant



Angel Rajguru  
Teenage Psychology  
Coach & Consultant



# OUR WORKSHOPS



**CASHFLOW CIRCULATORY SYSTEM**  
INCREASE YOUR BUSINESS ROI UPTO 3X  
WITHOUT INFUSING EXTRA MONEY

**BUSINESS VIDYAPEETH LEVEL 1**  
JOURNEY OF BUILDING A VISIONARY  
ORGANIZATION



**FREEDOM YOGA**  
LET'S ATTAIN A FIT, HEALTHY, COMPOSED  
& PRODUCTIVE "YOU"

**V-SWAROOP SANYAS DHYAN SADHANA**  
4-DAY RESIDENTIAL MEDITATION CAMP FOR  
INNER-CONNECTION & PHYSICAL-MENTAL-  
SPIRITUAL HEALING



**MASTER YOUR VISION LEVEL 1**  
DISCOVER THE VISION OF YOUR LIFE AND  
CREATE YOUR LIFE VISION MANTRA

**MASTER YOUR VISION LEVEL 2**  
PLAN 100 YEARS OF YOUR LIFE AND  
BECOME A VISIONARY



**COMMUNICATION MASTERY  
WORKSHOP FOR TEENAGERS**  
BECOME A PRO CONFIDENT COMMUNICATOR



**BECOME MILLIONAIRE SIMPLIFIED**  
COMPREHENSIVE BLUEPRINT FOR  
YOUR 1ST MILLION



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& Consultant



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Intelligence Consultant



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Memory Coach  
& Career Consultant



Angel Rajguru  
Teenage Psychology  
Coach & Consultant

# SHRI LATESH SHAH

## FOUNDER - CHAIRMAN



- ✓ Human Builder, Visionary, Transformer
- ✓ Life & Relationship Coach
- ✓ Awarded as Best Citizen Of India
- ✓ Awarded as World Peace Ambassador
- ✓ Agriculturist
- ✓ Writer – Actor – Director – Producer  
Consultant & Counselor
- ✓ Yog Guru, Master Healer, Mindfulness  
Teacher, Ved Expert

# Benefits Of Yoga

Improved sleep

Weight reduction

Increased flexibility

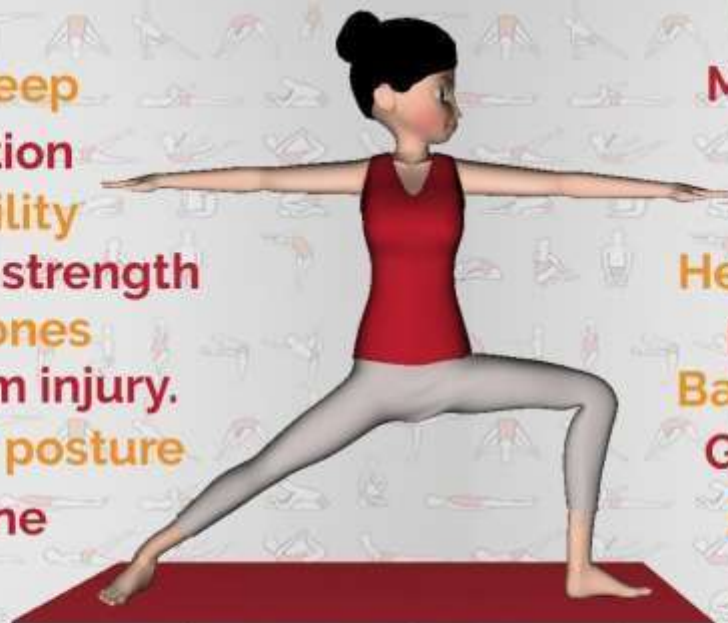
Increased muscle strength

Strengthened bones

Protection from injury.

Perfects your posture

Protects spine



Makes you happier

Helps you focus

Improved digestion

Helps keep you drug free

Increases blood flow

Balanced metabolism

Gives inner strength

Energy regulation



# MODULE



Lower Body



Upper Body



Pranayam And Breathing



Meditation



Stretch Yoga



Balanced Diet



Fun Yoga



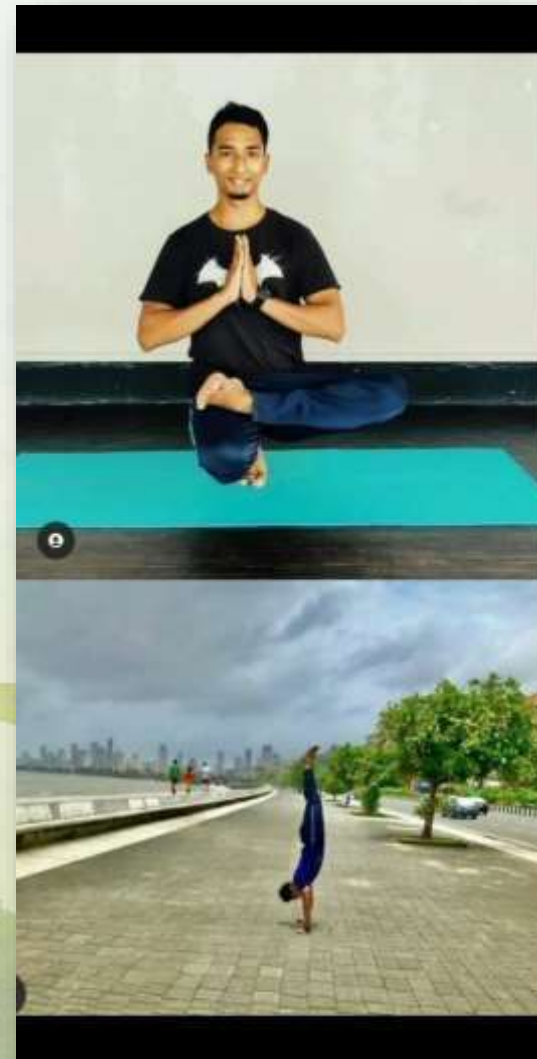
Energetic Yoga



Mindfulness

# GAJENDRA SONAR

CERTIFIED YOGA TRAINER & PRACTITIONER



# MRS. SHANTI GALA

**MEDITATION & THERAPEUTIC YOGA EXPERT  
SPECIALISES IN SENIOR CITIZEN YOGA**



**MISS MANISHA SHYAMSUNDER DHOOT**  
**YOGA EXPERT & PRACTITIONER**  
**HATHA YOGA EXPERT**





# MISS KRISHA GANDHI

**YOGA EXPERT & PRACTITIONER**  
**HATHA YOGA & MEDITATION EXPERT**



# MISS DIYA KOTHARI

**YOGA EXPERT & PRACTITIONER**  
**HATHA YOGA & ASHTANG YOGA EXPERT**





# PARTICIPANTS' LOVE



# PARTICIPANTS' LOVE

+91 96199 29777

~Snehal Raut

Thank all 🌸 Happy Yoga Day 😍 8:40 AM



+91 99705 60449

~Hiba Shaikh

Thank you it was amazing 8:41 AM



+91 98105 07667

~Lokeshh S

Thank you so much Latesh Sir  
Thankyou so much Gajendra sir  
Thank you so much Shaanti ma'am  
Thank you so much Sana ma'am  
For amazing beautiful n wonderful sessions



8:41 AM



+91 74030 03127

~mrprathap

It was a great session. Thank you WHDC team 9:06 AM

+91 92234 61309

~Mina

Sanaji, please give me essential tips in detail for keeping good health in day-today life. I will be highly obliged to you.. 9:08 AM

+91 98920 77002 left

+91 98192 85522

~Bhavna

Thank you Latesh Sir  
Thankyou Gajendra sir  
Thank you Shaanti ma'am  
Thank you Sana ma'am, it was very informative n wonderful session.

Thanks a lot to all 🙏🙏

9:10 AM



# WHAT WILL YOU GET??

## 1. 24 YOGA SESSIONS



**FOCUSSED APPROACH**



**PERSONAL ATTENTION**



## 2. PERSONAL CONSULTATION CALL



**Gajendra Sonar**



**Shanti Gala**



**Krisha Gandhi**



# **3. Diet Consultation Session with Sana Shaikh (Nutrition & Dietician Expert)**



# Membership Worth INR 6,000



**24 Yoga Sessions**



**Trainer Consultation Call**



**Diet Consultation Call**



**Dhayan Sadhana Meditaion**



# ALL OF THIS WHEN SUMMARIZED

|   |      |
|---|------|
| 24 Yog Sessions                             | 4000 |
| Personal Consultation call<br>With Trainers | 1000 |
| Diet Consultation Session                   | 1000 |

~~Total = 6000/-~~

~~1 Month Membership = 3000/-~~

# YOG VIDHYAPEETH OFFER



**SPECIAL  
OFFER**

REGISTER  
NOW!!

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**LIMITED TIME OFFER**

**=1200/-**



# LIMITED TIME OFFER

## Yoga for Weight Loss

Batch 1  
Mon - Sat  
6am - 7am

## Diabetes Management Programme

Batch 2  
Mon-Wed-Fri  
7am - 8am

### 3 DAYS A WEEK

1 month = ~~2000/-~~ 750/-

3 month = ~~4500/-~~ 1500/-

## Therapeutic Yoga for Seniors

Batch 4  
Tue - Thu - Sat  
11am - 12am

### 6 DAYS A WEEK

1 month = ~~3000/-~~ 1000/-

3 month = ~~9000/-~~ 2500/-

## Yoga for Working Professional

Batch 3  
Tue - Thu - Sat  
7pm - 8.00pm

# Registration & Further Inquiries

Type 'YOGA Inquiry'

**Whatsapp**

**<https://wa.me/+919768478089>**

**Email**

**[info@growthvidhyapeeth.com](mailto:info@growthvidhyapeeth.com)**



# THANK YOU

