

MINDFUL YOGA

WITH MEENU



A handbook for inspiration

THE JOURNEY THAT SHAPED ME

I am Meenu, a devoted yoga practitioner whose journey began after 15 years in the corporate world. Like many women, I faced health challenges after pregnancy—weight gain, cervical pain, and thyroid issues became part of my daily life. At 84 kg, I felt lost, tired, and disconnected from myself. But when my daughter turned two, something shifted within me—I realized I needed to change, not just for me but for her.



I joined a yoga class, not knowing it would change my life forever. Within a year, I lost 20 kg, healed my cervical and back pain, and saw my thyroid levels improve. But it wasn't just my body that transformed—my mind and spirit were uplifted. I rediscovered my strength, confidence, and purpose.

I completed a 200-hour and 300-hour Hatha Yoga course to deepen my practice, followed by a 500-hour Yoga Therapy course. Along the way, I attended numerous workshops on Hatha, Ashtanga, and Iyengar Yoga, both online and offline, which enriched my understanding of these ancient traditions.

Five years later, I made one of my life's hardest yet most fulfilling decisions: I left my corporate job to teach yoga full-time. Today, I am on a mission to empower others to heal themselves from the stress, ailments, and disconnection brought by modern life. Through yoga and meditation, I hope to inspire everyone to embark on their transformative journey, just as I did.

This book is my story, my lessons, and my way of sharing the magic of yoga with you. Let's walk this path to wellness together.



HIGHLIGHTS OF MY YOGA PRACTICE AND TEACHING

Yoga for Diseases: Thyroid, diabetes, hypertension, migraine, UTI, and more.

Yoga for Chronic Postural Issues: Address body posture-related ailments.



Yoga for Lifestyle Disorders: Specialized routines for concerns like PCOD/PCOS, fertility support, pre-menopause etc.



Props for Enhanced Practice: Incorporating tools like chair yoga, yoga belts, wall yoga, and Swiss ball etc.

Strength Training and Face Yoga: Face yoga to tone and rejuvenate facial muscles.

Yoga for All Levels: Classes designed for beginners, intermediate, and advanced practitioners.



FACTS ABOUT BREATHE YOU DONT KNOW!!!

Most people breathe between 12 and 15 times per minute, using less than 20% of their lung capacity during normal breathing. If your lung capacity expands, the number of breathes per minute during normal breathing naturally decreases without you controlling it.

If you stick to the classical form of yoga, over some time, your breath will become slow. There are very poetic expressions for this.

They say, if your **breath becomes 11 per minute**, you understand the language of every animal and bird around you.

If your **breath becomes 9**, you understand the very language that the Earth is speaking.

If your **breath becomes 7**, you know everything that is worth knowing in existence. That means your body becomes so stable that there is no static, no crackle- it just perceives everything.

5 TIME-SMART TIPS FOR A BETTER LIFESTYLE

1. **Sleep on your left side:** This will improve digestion and reduce acid reflux by using gravity to keep stomach contents in place.

2. **Chewing gum** will trick your mind into staying calm and relieve anxiety.



3. **Hold a pencil in your mouth** to force a smile, this will reduce and make you more happy instantly.



4. **If you have hiccups**, hold your breath and swallow three times.

5. If you want to heal your body physically and spiritually, **follow Mindful Yoga with Meenu**, you won't regret it.



4 WAYS TO HACK YOUR BODY FOR BETTER PERFORMANCE

Hold your nose when feeling anxious; it will help calm your nerves.

Place your hand on your heart and take slow, deep breaths to reduce anxiety.

Splash cold water on your face and take a walk outdoors to boost your energy.

If you can't fall asleep, blink your eyes rapidly for a minute.

**THIS BOOK MAY CLOSE, BUT THE PRACTICE OF
YOGA IS INFINITE. STAY CURIOUS, STAY
CONSISTENT, AND LET YOGA UNFOLD ITS MAGIC
IN YOUR LIFE. IF YOU'VE FOUND EVEN A MOMENT
OF PEACE OR JOY, SHARE IT WITH OTHERS—YOU
MIGHT JUST INSPIRE SOMEONE ELSE'S JOURNEY.
THE LIGHT IN ME HONORS THE LIGHT IN YOU.
NAMASTE**

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PHOTOS AND VIDEOS.**



Mindful Yoga with Meenu

Yoga for All People often think that Yoga is for super flexible people only but here we prove it wrong. Yoga is for all shape, size, body type, flexible or sti...

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