



Swastha school of yoga



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We, Swastha Yoga School provide the best yoga classes in Palakkad. We provide advanced yoga therapy classes to improve your strength, body flexibility and help you to get relief from all stresses. We provide separate yoga classes for ladies, especially for pregnant women to increase the endurance of muscles needed for childbirth, and decrease lower back pain, nausea, headaches, and shortness of breath, etc. We have the advanced type of meditation and power yoga classes trained by authentic and experienced trainers. For more details call us +9192498 94835

For more details, please visit <https://www.eqlic.com/detail/swastha-school-of-yoga-palakkad-355268>
