

Business Connection



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Business Spotlight

Step into a sanctuary of balance and well-being at KARUNA-Yoga with Compassion

Dive into the world of yoga with KARUNA-Yoga with Compassion! Our dedicated studio offers a variety of classes for every level, led by passionate instructors who are experts in the art, science, and philosophy of yoga. From beginner-friendly sessions to specialized Kids Yoga classes and even Yoga Parties for special occasions, there's something for everyone. Elevate your team's wellness with our Corporate Wellness workshops that promote stress reduction and team bonding.

Our teaching style honors the traditional roots of yoga as it originated in India. We integrate the core principles of Ashtanga



Karuna
Yoga with
Compassion

yoga into our classes, offering asana pranayama, dhama, dhyana techniques and practices while keeping them fun and engaging.

Kiran Adibhatla started her yoga odyssey at the tender age of 8, she rediscovered her love for yoga after a transformative experience post-motherhood. Fueled by a desire to impart her wisdom, she embarked on a teaching journey that spanned diverse locations, eventually leading her to create a sanctuary of serenity - KARUNA Yoga with Compassion. With a mission to

preserve the essence of traditional yoga, this visionary soul encourages others to embrace a holistic approach to well-being.

"In a world filled with judgment, yoga teaches us to become better humans. It's a journey of self-discovery where we strive for purpose, contentment, and the strength to manage our suffering – both physical and emotional. Sadly, social media and commercialism often promote a superficial image of yoga focused on thinness and flexibility." Kiran continued, "That's why I named my studio KARUNA – Yoga with Compassion. My inspiration comes from Patanjali's Yoga Sutra 1.33."

We believe yoga has something to offer everyone. Discover how yoga can enhance your physical health, mental well-being, and overall sense of peace. Join us at KARUNA-Yoga and discover the transformative power of yoga in a welcoming and inclusive envi-



"I love the studio's unique blend of strength-building, mindfulness, and traditional yoga. The community atmosphere is a bonus!"

ronment! We're excited to continue our journey at our new location at 1991 Santa Rita Road, Suite I in Pleasanton.

Learn more at www.yogawithk.com or call us at (408) 480-5426.