

SWAN SAMSTHANA

YOGA ◦ AROGYA ◦ SEVA

Swan Samsthana is a vision that is coming to life for the benefit of yoga and mankind, and it is slated for significant growth. A swan is also called "Hamsa" in Sanskrit which signifies transformation and purity which is the essence of our Yoga School. With a group of yoga experts bestowed with more than 10 years of experience, trained under Vivekananda Yoga Anusandhana Samsthana, we work hard to provide our guests and students with the best treatment possible so they may recover and enhance their health.



We believe in
Yoga ◦ Arogya ◦ Seva,
that is we serve people by
educating them Yoga for a
good health.

Your BODY exists in the
PAST and your MIND exists
in the FUTURE. In YOGA
they COME TOGETHER.

- B. K. S. Iyengar

SWAN SAMSTHANA GROUP

Swan Yoga

- YIC Certification (SVYASA)
- Iyengar Yoga Workshops
- Face Yoga Workshops
- Naada Yoga Workshops (Therapy, Chanting & Singing)
- Pregnancy Yoga Workshops (Pre-natal Yoga)
- Pranic Healing & Meditation
- Hatha Yoga Therapy
- Restorative Yoga
- Vinyasa Yoga
- Yoga Nidra Therapy

Swan Counselling Swan Interviews & Leadership

- Basics of Counselling
- Teachers & Parents
- Maithereya
- Unscripted Icons



Maithereya
own your story!



YOGA



YIC CERTIFICATION (SVYASA)

Our flagship YOGA certification program, Yoga Instructor Certification Course, abbreviated as YIC, affiliated to the prestigious S-VYASA and conducted in partnership with Yogavantha School of Yoga.

FACE YOGA

Face yoga therapy is a practice that involves specific exercises and techniques to tone, relax, and rejuvenate the muscles in the face and neck. It can help improve the overall appearance and health of the skin, reduce signs of aging, and promote a more youthful and radiant complexion.

NAADA YOGA

Naada Yoga Therapy focuses on the therapeutic application of sound, music, and vibration for healing and well-being. Naada means "sound" and this approach recognizes the powerful impact that sound vibrations can have on the body, mind, and emotions.

PREGNANCY YOGA

Prenatal yoga therapy focuses on safely adapting yoga poses and breathing techniques to support the physical and emotional well-being of pregnant women.



HATHA YOGA

This type of yoga therapy focuses on physical postures (asanas) and breath control (pranayama) to promote overall well-being and balance.

IYENGAR YOGA

Iyengar yoga therapy focuses on precise alignment, often employing props, to restore balance, strength, and flexibility while also addressing specific health issues.

VINYASA YOGA

Vinyasa yoga therapy emphasizes smooth, flowing movements synchronized with breath, aiming to build strength, endurance, and improve cardiovascular health.

PRENATAL YOGA

Prenatal yoga therapy focuses on safely adapting yoga poses and breathing techniques to support the physical and emotional well-being of pregnant women.

RESTORATIVE YOGA

Restorative yoga therapy utilizes gentle and supported poses, along with deep relaxation techniques, to promote healing and relaxation.

YOGA NIDRA

Yoga Nidra is a deep relaxation and guided meditation technique used in yoga therapy to reduce stress, promote better sleep, and facilitate healing at a profound level.





FOUNDER

Dr. Smitha Prabhu is passionate about making a positive difference in people's lives. She helps people to bring out the best in them to live meaningful lives. She effectively applies the philosophy of yoga into practices for improving mental & physical stability.



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- Dr.Smitha Prabhu Foundation (Education & Skill Empowerment Programs)
- Certified Counselor
- Yoga Therapist
- Leadership Coach
- Mrs.India Pride of Nation 2021
- Maithreya Interviews
- Brand Ambassador, ISAC (Information Sharing & Analysis Center)