
THE VIKSIT JIVAN - Yoga center in Ballygunge Kolkata



Address

Ganesh Mandir, 6/2, Anil Maitra Rd, opposite Durga Bari, Ballygunge Place, Ballygunge, Kolkata, West Bengal 700019

**Contact
Person**

**Mobile
Number**

Email admin@theviksitjivan.com

Website: <https://www.theviksitjivan.com/>

Email: admin@theviksitjivan.com

Business Hours: Monday-Sunday 7 am-7 pm

Services: Regular Yoga Class, Yoga Treatment, Pranayama, Kriya, Mudra, Therapy(Physiotherapy/Naturopathy), Power Yoga, Kids Yoga, Yoga for school/ institution, Corporate Yoga, Pre/post-Natal Yoga, Meditation, Course Study (Diploma & Certificate course for Yoga trainer)

Targeted Area: Ballygunge, Kasba, South 24 Pargana, and North 24 Pargana

The Viksit Jivan is a renowned yoga institute in Kolkata that offers the ancient practice of yoga combined with modern amenities. The institute provides many classes, including yoga asanas, pranayama, meditation, stress management, and corporate yoga. The institute has three segments: regular yoga practice in Ballygunge and Kasba, therapeutic yoga, and course study. At The Viksit Jivan, the team comprises experienced yoga doctors, therapists, nutritionists, yoga masters, and instructors. People from all over Kolkata and South and North 24 Parganas come to the institute to learn authentic yoga practices regardless of their age. The timings of the classes are flexible.

Work Sample: <https://goo.gl/maps/tZREZv9mPBF9DaVu8>

Facebook: <https://www.facebook.com/viksitjivan/>

Instagram: <https://www.instagram.com/theviksitjivan/>

YouTube: <https://www.youtube.com/@theviksitjivan5896>

WhatsApp: <https://wa.me/c/919433818187>

Tags: yoga center near me, yoga classes near me, yoga classes in Kolkata, yoga center Kolkata, aerial yoga in Kolkata, aerial yoga classes in Kolkata, best yoga center Kolkata, best yoga classes in Kolkata

For more details, please visit <https://www.indiabusinessstoday.in/detail/the-viksit-jivan-yoga-center-in-ballygunge-kolkata-kolkata-563950>
