



Explore your

*life*

CALL TODAY: +91-9891813142 / 9990885311

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Always in a Hurry?

Always in a Stress?

Torch of Yoga.....  
*Yogasanjivani*

**WE OFFER GUIDANCE IN**

- Greater Energy
- Enthusiasm for Life
- Improved Self-Esteem
- Increased Ability
- Stress Management
- Relax

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## Benefits of yoga Workshop

- Increased strength and flexibility
- Good Posture and good muscle tone
- Increased vitality and balance of energy
- Sense of well being, calmness, centeredness
- Improved blood circulation
- Increase awareness of the beauty of life in all its forms
- Lowered blood pressure
- Improved respiration
- Improved concentration
- Improved Focus

## Yoga sessions will include

- Stretching and strengthening exercises
- Breathing exercises
- Exercises to release tension in the eyes, head, neck, and shoulders
- Exercises to increase flexibility of the spine and hips
- Meditation
- Yogic Games
- Laughter yoga
- Relaxation

## Schedule

- Method:** Combination of Yoga, Pranayam, Meditation and Mudra.  
**Type:** Asana/ Pranayam / Meditation / Laughing Exercise/ Yogic Games / Savasana.  
**Duration:** 1 hour and 2 hour class.  
**Sift:** 3 times a week/Alternate days/ 5 days a week.  
**Timings:** Early morning/ Evening classes.



# KEEP FIT

## About Yogasanjivani

Yogasanjivani is 6 years old origination. It was founded by Surender Choudhary in 2004. The vision of Yogasanjivani is to spread yoga knowledge among people. Because of the effectively & simplicity Yogasanjivani has become part of day-to-day life of many people. You can also bring change in your physical, mental and social life with medium of Yogasanjivani. Yogasanjivani has come out with special program for women & children. As part of these special program yoga, pranayama, meditation, laughing exercise & mentally relief has been main goal of Yogasanjivani. Yogasanjivani has been specially program keeping in mind or day joyful life.

## Why Corporate Yoga

Today's work environment is demanding, to say the least. The increasing pressure in the workplace and employees working longer hours lead to stress-related problems such as anxiety, depression, headaches, hypertension, back pain, insomnia and fatigue.

Yogasanjeivni has started "stress management Programs" which tries to bring down the stress level via this program they try to enhance your memory power & increase the level of self confidence.

Companies are beginning to realise that their employees need a structured solution to manage stress and large corporates, multinationals and employee-friendly companies have already set the ball in motion. With the influx of foreign companies, the organizational culture is changing and companies are becoming more open to trying out new methods to boost employee productivity and morale. As a result, yoga is gaining acceptance as an effective tool, which can well be the beginning of a health revolution.

## corporate wellness program for

1. Stress and pain relief - back, neck and shoulder pain
2. Increased energy levels - improving mood and stamina
3. Enhanced creativity and maximum productivity
4. Increases physical fitness and flexibility
5. Improves concentration skills
6. Self discipline
7. Relieves tension
8. Improves overall health and posture
9. Improves concentration, memory and focus
10. Creates a positive attitude and increases team bonding
11. Creates a sense of harmony in the workplace
12. Reduces excessive absenteeism of employees
13. Reduced risk for diseases, including cancer
14. Reduced staff turnover
15. More respect for senior management of companies



## NOTE:--

All that is needed is a suitable space to conduct class. All levels are welcome and experience is not needed. Participants will need loose fitting clothing and a towel or yoga