



Explore your

“ life ”

CALL TODAY: +91-9891813142 / 9990885311

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Increase Memory Power?

Decrease Stress Levels?

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 For Children

- Builds their confidence and self-esteem.
- Improves their powers of concentration and focus.
- Develops their brain and intellect.
- Excellent for their bodies and health. Promotes balance, flexibility, coordination and strength.
- Helps them cope with stress and difficult emotions.
- Develops their creativity and imagination.
- Sharpens and expands their awareness.
- Helps them develop calmness.
- 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, 2 hour class, Full day.
Sift: 3 times a week/Alternate days/ 5 days a week.
Timings: Early morning/ Evening classes/After lunch.



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 Yoga For Children

Children today are under a lot of stress. Homework, pressure to compete with other children, endless after-school activities, over-scheduling -- it all adds up. And just like their parents, kids today are turning to Yoga to help them relax.

Yoga has become increasingly more common among school age children as fitness and exercise come to the forefront of public health concern in not only our homes but also in our schools. For many school age children,

there is early exposure to yoga techniques at school which may prompt an interest in yoga outside of the classroom. If your child has requested to take yoga classes in the evenings or on weekends, you may want to consider the variations of yoga and even consider if your child can be involved in Yogasanjivani classes.

Practicing yoga in a school setting teaches students physical awareness, mental awareness, emotional awareness, community awareness and how to use relaxation techniques to reduce stress. Yoga in the school is a convenient and practical outlet that also improves balance, strength, flexibility, kinesthetic sense, focus and attention. Educators are not alone in their observations of yoga's benefits on school children.

School Yoga Program For

1. Children's Yoga increased self esteem in students.
2. Children's Yoga improved student behavior, less discipline referri
3. Healthy Body and Sound Mind
4. Acne ,Anger, Asthma, Common Cold
5. Yoga improved physical health in students.
6. Self discipline
7. Yoga improved academic performance in students.
8. Smoking, Stress Ailments
9. Improves concentration, memory and focus
10. Memory power improvement
11. Yoga for Creative & Intellect Growth



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