

# YOGA

*Get a holistic Life*

CORPORATE YOGA

At Yoga Sanjivani, we offer a wide range of therapeutic programs, all designed to elevate you to a higher state of physical, emotional and mental wellness. Take time to call our Reception Team today, to ascertain which program would best suit you, to help achieve your personal health. We are at your service. Yoga Sanjivani specialises in bringing health, happiness and success to individuals and business alike across India and out.

We work with you to establish a culture focussed on positive outcomes through providing fitness and health programs, fitness/wellness design and setup, state of the art technology for Yoga and Meditation, right through to arranging large chair Yoga events, lunchtime Laughter, corporate seated self massage for back and neck and more.

# ABOUT YOGASANJIVANI

Welcome to Yoga Sanjivani, your ultimate destination to get corporate wellness yoga workshops and workplace yoga programs. With 310+ corporates served and 20750+ employees satisfied, we specialize in providing exceptional corporate yoga services tailored to meet the unique needs of corporate settings.

With our corporate yoga sessions, we bring the rejuvenating power of yoga directly to your office. With certified corporate yoga instructors that are skilled in conducting invigorating yoga classes that can be seamlessly integrated into your busy work schedule.

Our office yoga are customizable to accommodate various skill levels, ensuring that everyone can participate and benefit from the practice.

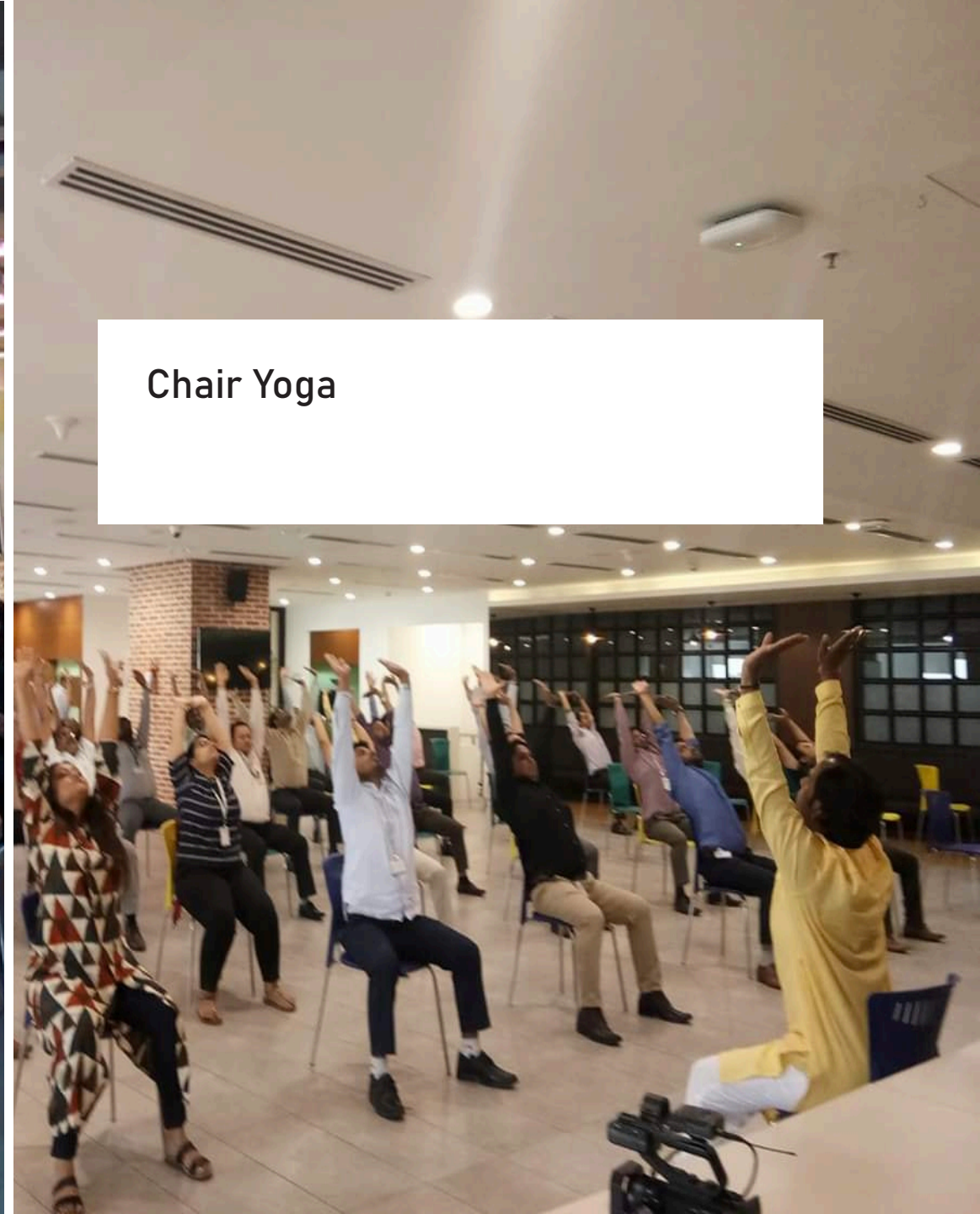
To empower your employees to maintain a healthy work-life balance. We educate and give interactive sessions, covering a range of topics such as stress management, mindfulness, and enhancing productivity through corporate yoga techniques.

As a leading provider of corporate yoga, Yoga Sanjivani is dedicated to delivering exceptional service.

## Time Management Training



## Chair Yoga





## Dimensions of Wellness

1. Physical Wellness
2. Intellectual Wellness
3. Emotional Wellness
4. Social Wellness
5. Cultural Wellness
6. Occupational Wellness
7. Environmental Wellness
8. Spiritual Wellness

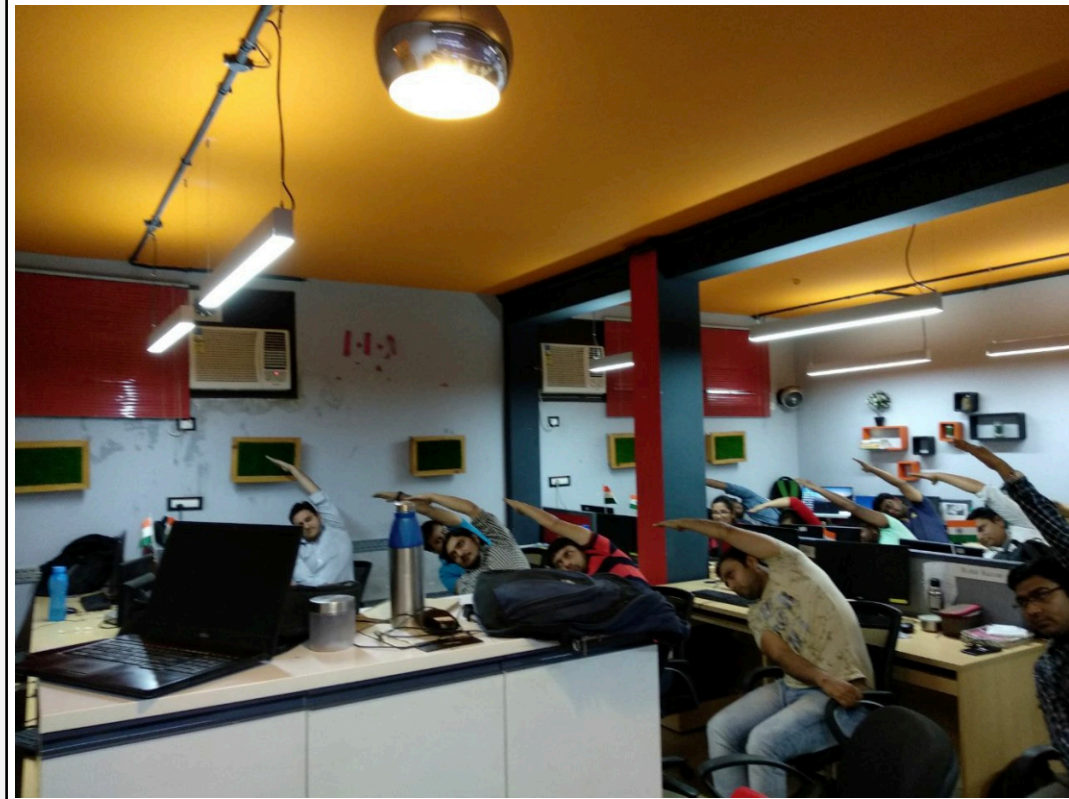
# Yoga in the Workplace

We create real solutions for companies looking to bring yoga into their workplace.

A true yoga practice is one of the most transformative pursuits in life. Yoga, meditation, and mindfulness have exploded in the corporate world more than 300 organizations

Studies have proven mindfulness can have dramatic influence of employee wellbeing, including reduced stress, improved productivity, and better overall wellness.

**However, many companies struggle to bring a meaningful yoga & mindfulness practice into their office. That's where we come in.**



# What we do

Most companies struggle to create wellness programs that truly take root within their organization. We believe this is because of a lack of live human connection, inspirational wellness leaders, and consistent accountability systems.

## What we offer:

- + Working with your leadership team to design inspiring wellness programs. This includes deeply understanding your culture and goals, facilitating communication and planning, and designing accountability systems. We work with leading holistic practitioners in just about every wellness field and can offer a full host of wellness classes.
- + Creating weekly live online or in-person classes just for your team that align with your culture and goal. We'll match you with teachers from our team that fit your culture.
- + Ongoing support to deepen connections within your team, and evolving your company's curriculum to keep it relevant and engaging.
- + We can offer all employees unlimited live yoga classes with the best teachers in the world through our YOGASANJIVANI platform. This helps your team members establish a more regular practice.



# WHAT's Different ABOUT What we do?

From decades of collected experience, we have evolved a curriculum for new students to fall deeply in love with yoga, and implement it's wisdom into many aspects of life. Our teachers have all taught a minimum of 3000 yoga workshops, and many of them significantly more.



## Live, Human Connection

We rely first and foremost on human connections to inspire and uplift our clients. We use technology, but only to enhance connection and access.



## Truly all levels

- Chair Yoga
- Laughter Yoga
- Asana (Exercise & Stretching)
- Pranayam ( Breathing Exercises)
- Yoga Nidra & Auto suggestion (Relaxation techniques)
- Concentration and Meditation(Guided Meditation)
- Diet and Lifestyle



## Master Teachers

You can expect every teacher to be world class. We use a few simple objective measures to qualify our teachers. This might sound basic, but the vast majority of "yoga teachers" are not qualified to lead groups.

# How is yoga and mindfulness beneficial in the workplace?

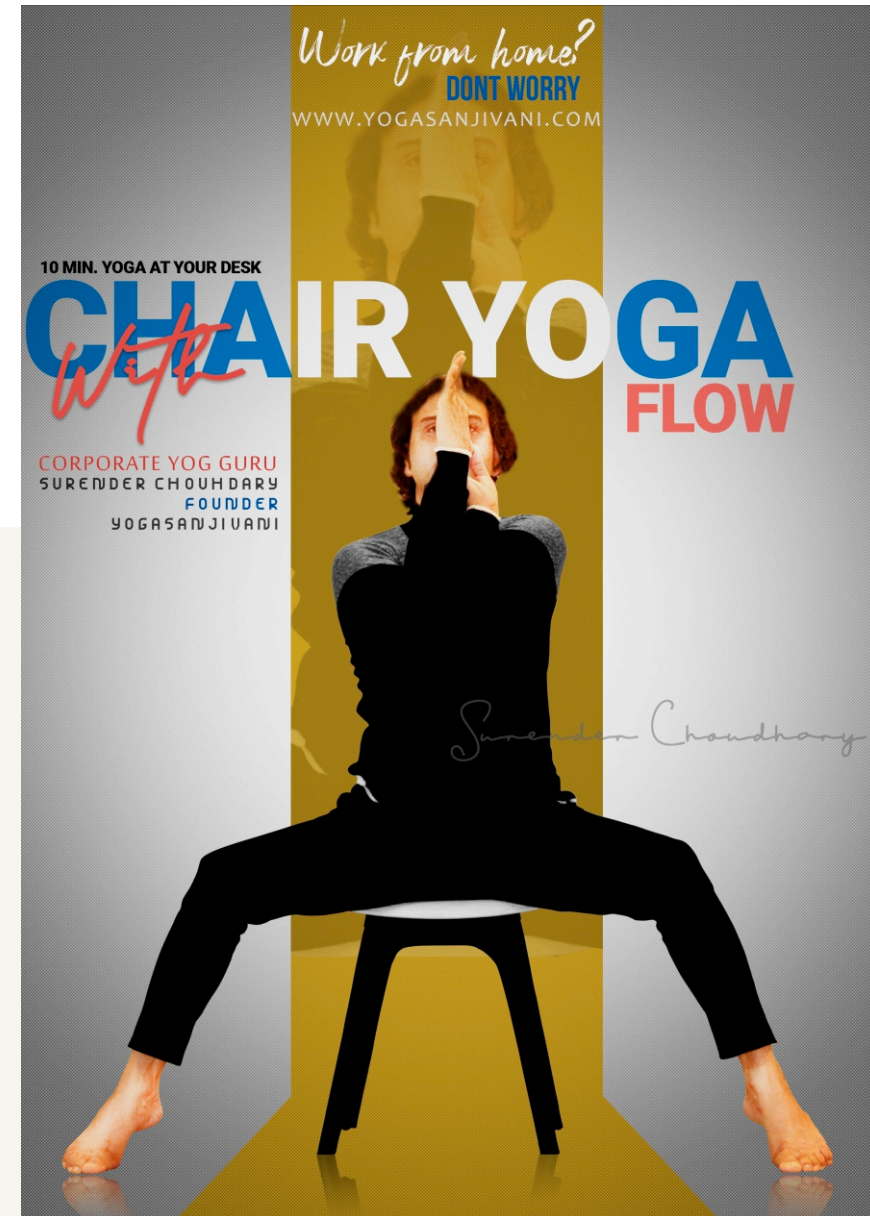
There are rampant misperceptions about yoga & meditation. At YOGASANJIVANI, we use a specific approach with a proven track record for corporate employees. Our classes inspire clients not just to DO yoga, but to learn **HOW YOGA WORKS**. Each of our classes aims to inspire deep, life-long learning.

## The Essence of YOGASANJIVANI'S Yoga approach:

We all experience fluctuations of our internal state. Some days we feel lethargic, some days we feel inspired, other days we feel a little anxious. We are trained unconsciously to believe these fluctuations are random and out of our control.

We use yoga to empower our clients to understand that they can cultivate the type of internal state they want. Shifts in energy and mood are inevitable. However, through targeted practice, you can learn exactly where these shifts come from and **develop practical tools to balance your energy no matter what is happening in life**. Instead of being a victim to stress, low energy, and bad moods, you can learn to cultivate the internal state you desire. This has an incalculable impact on both productivity and general wellbeing.

Our aim is for everyone who steps into our class to truly inherit this type of awareness in their life. This is one of the most empowering gifts in the world and will have a revolutionary impact on both work and general wellbeing.





# Getting Started

We work individually with your company to meet your needs. With the revolution of live Online/offline yoga, we can offer corporations better yoga teachers, more consistently, for significantly less money.

## Month 1:

To start, we recommend most companies start with 1-4 private classes a week for your team. These can either be yoga, meditation, or both conducted via online/offline. We recommend starting with a short information session for your team to get everyone inspired.

\*The average annual pay for a Corporate Yoga Instructor in the India 3 lakhs a year. You'll save as much as 50% from a private instructor by using Yogasanjivani.

\*Medical costs fall half spent on wellness programs.

## RATES FOR CLASSES:

Yoga Classes:

Rs.5000 to 10000 class  
(depending on teacher)

Meditation & MINDFULNESS Classes:

Rs.4000 to 8000 class  
(depending on teacher)

Functional Health Classes:

Rs.4000 to 8000  
(depending on teacher)

18% GST

## Month 2:

After your first month, it's common many of your team members will want to practice more regularly together. We offer corporate accounts to Yogasanjivani our leading live online/offline yoga studio where all our teachers run regular, daily classes on yoga, meditation, breathwork, and much more.



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**UNLIMITED\* ZOOM YOGA for your team with YOGASANJIVANI**

20 team members

20000 / month

50 team members

30000 / month

100 team members

35000 / month

500 team members

50000 / month

\*Please inquire about custom program designs and consulting rates. **18% GST**

YOGA

Yoga cures the endur.

