

CORPORATE YOGA PROGRAM

LIVE WELL & EXCEL

For Women Professionals

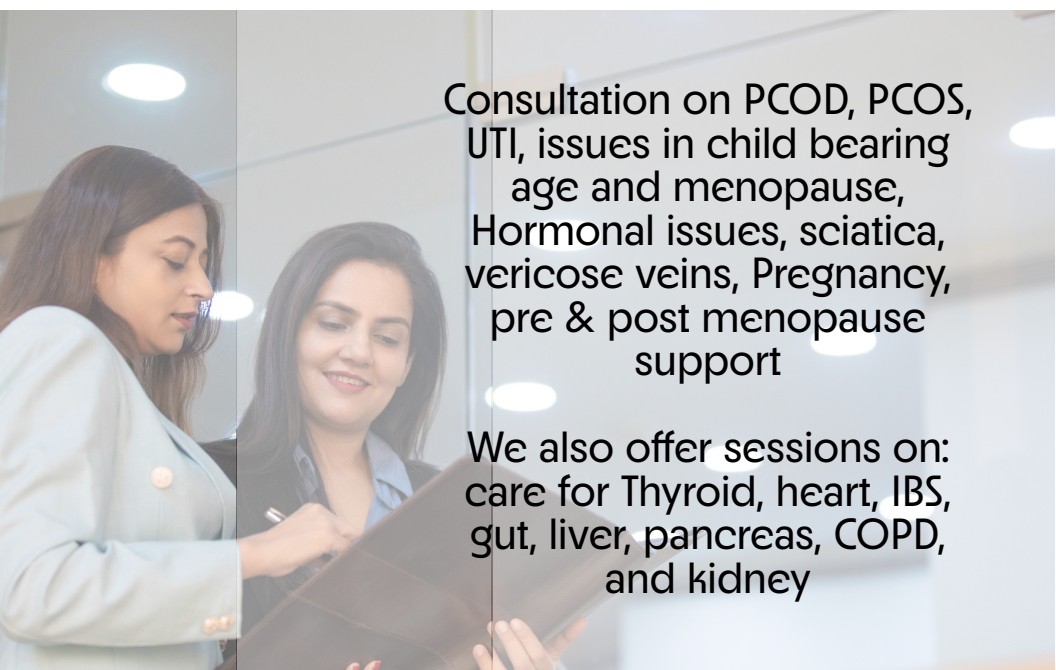




**UNDER LIVE WELL PROGRAMS
FOR LADIES, WE OFFER
HIERARCHY BASED
NEED BASED
AGE BASED
SUPPORT**

Our customized programs for women help them attend to far greater challenges that surface with age, and additional responsibilities of the family. Besides yoga, we support them with flexible diet plan.

Our UMA (Unique Multicentric Adaptive) program presents them with scientifically proven therapies to relax, have better mind-body connection and excel.



Consultation on PCOD, PCOS,
UTI, issues in child bearing
age and menopause,
Hormonal issues, sciatica,
vericose veins, Pregnancy,
pre & post menopause
support

We also offer sessions on:
care for Thyroid, heart, IBS,
gut, liver, pancreas, COPD,
and kidney



INTEGRAL YOGA COVERS

Hatha Yoga Asanas
Breathing practices
Pratyahar Techniques
(of mind mangement)
Yoganidra & Shavasana

HOLISTIC WELLNESS INCLUDES

Diet Plan for
Prevention | Cure |
& sustenance

It includes tasty
vegan salads, meals
& Detox juices



REFLEXOLOGY NAT, MFR

Therapies and teaching
To promote self-care
Family Health
Holistic wellness

INDIVIDUAL HEALTH

Practice Morning or Evening: 60min practices (Hatha Yoga), includes asanas, pranayama, mudras supportive diet, and relaxation practices. (Offline-onsite sessions)

For online sessions: 20min practice to include Hatha yoga asanas, pranayamas and mind work (Pratyahar practices like yoganidra) alternatively.

Separate weekly practice of: Self-review.

Curated Meal to Heal: We offer best of tasty (& healthy) traditional foodc, and millets for optimized energy and great health.

Our food optimizes brain-gut connection. It lifts mood and lets you enjoy your meals totally. Indulge, healthily with Salads, Chutneys, & dips, and **SOCIALIZE WITHOUT GUILT!**



Bhaktimitra uses yoga as effective means to improve quality of life in corporate space. He conducts both online and offline classes in groups and one-to-one sessions.

To schedule sessions

msg on +91 99 999 44 936

Write to: bhaktimitra@gmail.com