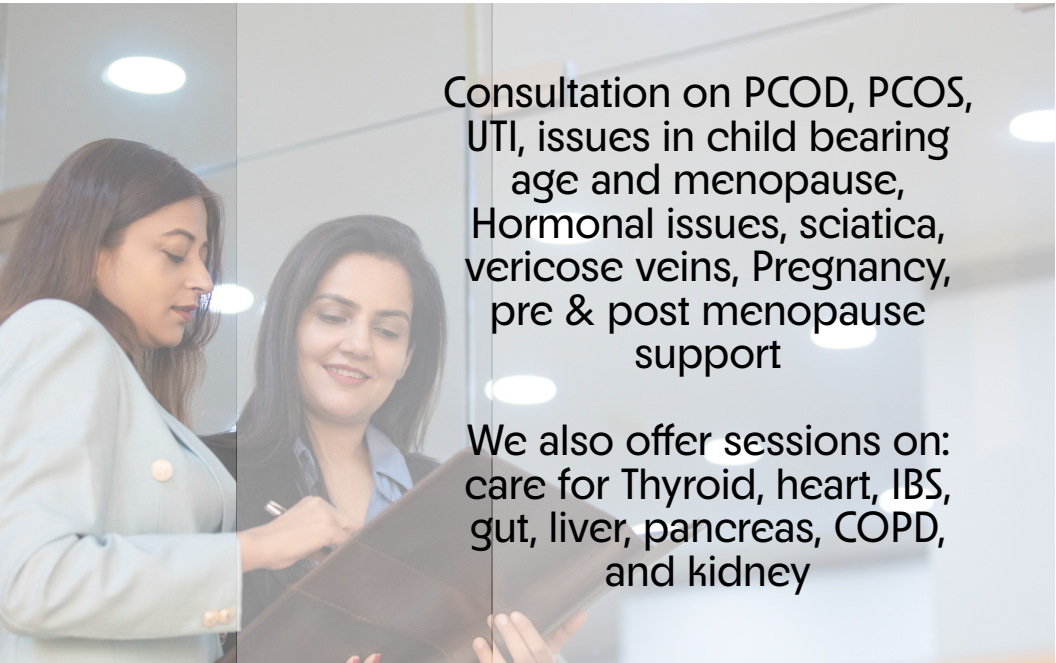
CORPORATE YOGA PROGRAM
LIVE WELL
& EXCEL
For Women Professionals

# Under Live Well programs for ladies, we offer hierarchy based need based age based support

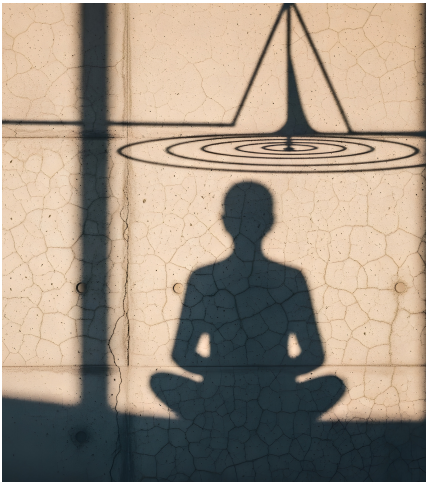
Our customized programs for women help them attend to far greater challenges that surface with age, and additional responsibilities of the family. Besides yoga, we support them with flexible diet plan.

Our UMA (Uniqe 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

PSTi
SNACKS & TREATS
LANT-BASED MEALS
NDIAN

## 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
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