

CORPORATE WELLNESS PROGRAM

BREATHE EASY





PLATFORM TO OFFER



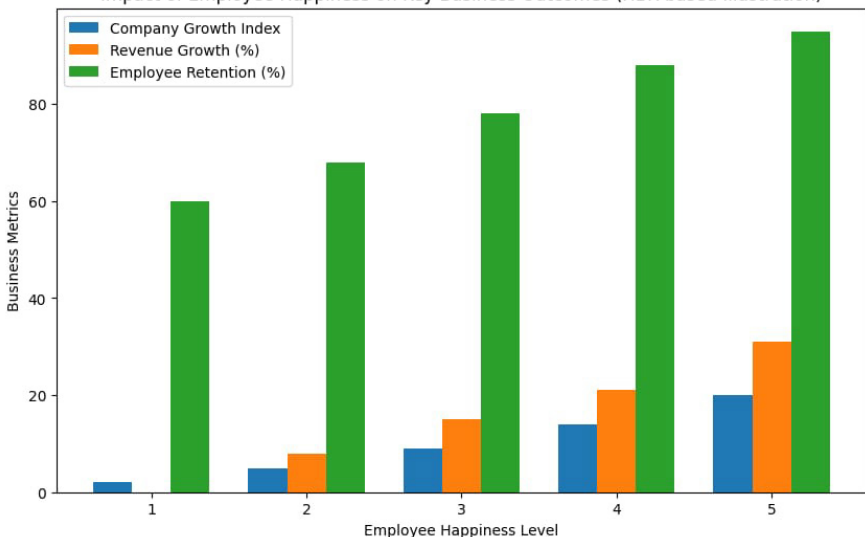
**GENDER BASED
NEED BASED
AGE BASED
SUPPORT
to SHINE
& SMILE!**



WELCOMES PARTNER IN SPREADING HAPPINESS & HEALTH FOR HARMONIOUS GROWTH

HBR graph shows how teams'
happiness investment matters.

Impact of Employee Happiness on Key Business Outcomes (HBR-based Illustration)



It is time to shift our focus on shaping up the emotions, mind and body of the workforce, to optimize their potential in the company's and nation's growth.

BREATHE Life

We offer yoga for stress relief to help professionals to integrate work with supportive life. When employees and the seniors know to manage and channel the unavoidable, help them, sustainable growth and balanced life become a natural expression.

Here we aim to optimize dynamism, (sympathetic part) focusing on achieving life and work goals in a guided manner.

Live EASY

We have customized our corporate yoga and wellness programs around four key aspects of Easily, Adaptive, Strengthening and Energetically youthful. Our programs are designed for office employees, sales force to help them decongest their brain and think truly out-of-box.

Here we present the relaxing and mind-relieving practices to support and balance out the parasympathetic part.



CURATED YOGA SESSIONS

Yoga for sales force
Noon yoga practices
Evening unwinding
Days Audit Capsule
Moudle for Growth



HOLISTIC WELLNESS

Curated sessions
for Men, &
Women Team
Delayed Decay &
Rejuvenation



WORK-LIFE INTEGRATION

Program to empower
diverse workforce
Sessions on
Comprehensive Sexuality



FOR INDIVIDUAL HEALTH

Our purpose is to improve quality of life and its expression. To achieve this we sit with the person, understand his or her space, priorities and suggest a flexible asanas, doable practice regimen to gradually support the individual goals.

Practice Morning: 60min practices (Hatha Yoga), supportive diet, muscle relaxation and relaxation practices.

Noon Practices: It includes, satsang, sharing.

Evening: Yoganidra, facial therapy and diet support

FOR COMPANY/ INSTITUTION/ FAMILY

We discuss the family's goals, company's priorities and help them understand the strengths of each other, while also supporting the team or family in overcoming their weaknesses.

SWAN Meditation: Strength Weakness Ambition Needs to prosper in harmony.

Self-Audit: Ways to analyze the endeavours, to improve the current and future cooperation.



INTEGRAL YOGA COVERS

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

HOLISTIC WELLNESS INCLUDES

Diet Plan for
Prevention & Cure
Diet plan for
sustenance



REFLEXOLOGY NAT, MFR

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



MEAL FOR ZEAL

We offer food to optimize brain-gut connection. We offer wholesome food, that lifts your mood and lets you enjoy your meals totally.

Salads, Chutneys, & dips to indulge, in health!

SOCIALIZE WITHOUT GUILT!

MEAL TO HEAL

We offer 'pind da swad', the best of traditional foodc, and millets that take care of your energy and great health.

We have partnered with Specialist in pribiotic and probiotic, to let you optimize your favourite food & food habits.

We help you build a healthy habit, one meal at a time. We assure not just what to offer, also, what NOT to offer, refined sugar, oil, flour..



THE SALAD BAR

We support your cravings, offering supportive salads, dips & more!

MEALS & DIET
For
Weightloss
Therapeutics
Muscle Building



**DETOX JUICE | FRUIT
SMOOTHIES | VEGAN
DRINKS | GREEN TEAS**

PSTi
SNACKS & TREATS
PLANT-BASED MEALS
INDIAN



**MEALS SNACKS SAVORIES
YOU NAME IT
WE HAVE IT**



HOLISTIC APPROACH

We define it as care for trinity of Head, Heart, & Hand with Positive expressions of life HEALTHY REGIMEN BUILDING for physical, mental and, emotional health.

INTEGRATED PLATFORM

As integrated platform we support individuals to take informed steps towards living soulfully. We refer to available insights and diagnostics to support the healing as well as prevention.

We attend to heart patients, kidney patients, people with other lifestyle diseases like diabetes, BP, thyroid, common in both genders besides gender-specific diseases like PCOD, PCOS, UTI, fibroids, cysts and prostate gland enlargement.

HEALTH SUPPORT

Guided rehabilitation
For Heart, BP, Kidney, Sugar
Fatty Liver, Inflammation,
Digestive issues, IBS,
Thyroid, & COPD Patients



GENDER-AGE SPECIFIC SUPPORT

Consultation on PCOD,
PCOS, UTI, issues in child
bearing age and
menopause (women).
Hormonal issues, Prostate
problems (men)



SUPPORT FOR MIND

Counselling and
practices for insomnia,
anxiety, depression,
loneliness, adult ADHD,
OCD, worthlessness.



SPACE FOR SMILE

EMBRACE HAPPINESS

Holding when vulnerable
Helping move on when ready
Head-on when equipped

SPACE FOR SHINE

SHARE. CARE. SHINE.

Use space to share ideas
Grow your positive connection

***INTEGRATED OFFERING**

It includes holistic approach to positive growth, that is in sync with one's emotion and spirit while also upholding the scientifically evidenced health and happiness modalities available to us, so far.



PSTi is founded on the spiritual concept of eternal positivity. We aim to present the united approach of various modalities in a scientific manner to improve

one's quality of life. Based on the yogic concept, with yamas and niyamas of 'Manah prasad', 'Kshama', and other guiding positive mental conditionings it invites cos. to explore holistic growth.



ABOUT YOGA COACH

Bhaktimitra discovered yoga when he was struggling with breathing issues in college days. Yoga rescued him again after life-altering traumatic brain injury in 2005. He is a yoga teacher from Bihar School of

Yoga, Munger (2007) who was led by Incidences to use yoga as effective means to improve quality of life in corporate space.

Bhaktimitra uses yoga as practical means to improve quality of life in corporate space. He conducts both online and offline classes in groups and one-to-one sessions. Other than therapeutic yoga, he's experienced in modalities like

Schedule experiential online session

by paying INR 1000/- on (for Indians) UPI ID:

boism-9999944936@boi

Write to: bhaktimitra@gmail.com

NRIs and foreign nationals have to pay in their respective currencies

STARTUPS & COS. EMPLOYEE WELLNESS



We are inviting company heads, startups, and developers to partner with us. It is also for companies willing to improve their team's overall work performance.

We invite companies to discover how 10 to 20 minutes of guided meditation can improve the sales team's performance. With proper application of yogic visualization how the quality parameters can be improved and the number of casualties in the manufacturing units can be brought down.

How improvement in employees mental health and overall health can contribute positively to the growth of company. We will record the metrics and present as case studies so that others can also benefit from yoga.

To schedule your first online session

Please pay Rs 1000/- on UPI ID:
boism-9999944936@boi, and then
Write to: bhaktimitra@gmail.com
Email us For Team Sessions also

Terms & Conditions – Intellectual Property (India)

1. Ownership of Intellectual Property

All ideas, concepts, business models, and materials shared shall remain the exclusive intellectual property of the First Party, PSTi under the Copyright Act, 1957.

2. Limited Right to Use

The Second Party is granted a limited, non-exclusive, non-transferable right to use the ideas solely for agreed evaluation and implementation purposes.

3. No Assignment of Rights

This agreement does not constitute an assignment or transfer of copyright or intellectual property rights to the Second Party.

4. Confidentiality

The Second Party shall maintain strict confidentiality of all shared ideas and shall not disclose them to any third party without written consent.

5. Restriction on Replication & Transfer

The Second Party shall not copy, sell, license, or share the ideas or any derivative work with any third party.

6. Derivative Works

Any modification or enhancement arising from the implementation of the ideas shall vest with the First Party unless otherwise agreed in writing.

7. Commercial Use & Compensation

Any commercial exploitation of the ideas shall be subject to separate written terms regarding fees, royalties, or revenue sharing.

8. Implementation Responsibility

The Second Party shall be solely responsible for implementation, compliance with applicable Indian laws, and operational risks.

9. Termination & Post-Termination

Upon termination or breach, the Second Party shall immediately cease usage and return or destroy all confidential materials.

10. Governing Law & Jurisdiction

This agreement shall be governed by the laws of India, with courts/arbitration located in India having exclusive jurisdiction

In the beginning,
God created Light

AWAL ALLAH NOOR UPAYA

