

CORPORATE YOGA PROGRAM FOR MEN

LIVE WELL & EXCELL



**UNDER LIVE WELL
PROGRAM FOR MEN,
WE OFFER
HIERARCHY BASED
NEED BASED
AGE BASED
SUPPORT**

Our programs help men supposed to be accessible 24/7. Besides attending to aging and ailing parents, they also have to face the challenge of maintaining social status, family's finances, and kids' education. It takes a toll on their health. Besides yoga, we support them with counseling and workable diet plan.

The program is designed to help working professionals struggling with: Adult ADHD, stress, anxiety, depression, OCD, insomnia, low energy, chronic fatigue and low confidence.



**Counselling & therapies
for Prostate problems, heart
& testosterone connection,
poor vitality, career
stagnation, chronic
stressors, challenge of
staying strong**

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



INTEGRAL YOGA COVERS

Yoga for sales force
Yoga for midday lethargy
Evening unwinding
Days Audit Capsule
Moudle for Growth
Yoga for team harmony

HOLISTIC WELLNESS INCLUDES

Diet Plan for
Prevention | Cure |
& sustenance

It includes tasty
vegan salads, meals
& Detox juices



REFLEXOLOGY NAT, MFR

Therapies, facial
relaxation, myofascial
stimulation to promote
self-care
Family Health
Holistic wellness

INDIVIDUAL HEALTH

Practice Morning: 30min practices (Hatha Yoga), muscle relaxation practices.

Noon Practices: Simple 10 min guided practice.

Evening: Yoganidra, facial therapy and review.

Curated Meal to Heal: We offer best of tasty (& healthy) traditional food, and millets for optimized energy and great health. Our expert in prebiotic and probiotic, chef lets you benefit from your favourite food & food habits.

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!**



ABOUT YOGA COACH

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

Marma, Myofascia, Nerve stimulation. He also uses his insights from neurofeedback. Over seven years he has also attended to elderly, and children with special needs, and youths with challenges, besides guiding the ladies with his yogic insights.

To schedule your first online session

Please pay Rs 1000/- on UPI ID:

boism-9999944936@boi

Write to: bhaktimitra@gmail.com