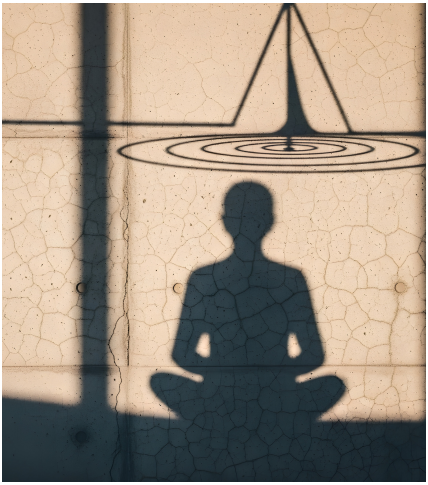
CORPORATE YOGA PROGRAM
FOR MEN
LIVE WELL
& EXCEL

Our programs help men to disconnect internally when they are 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.



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: 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 foodc, and millets for optimized energy and great health. Our expert in pribiotic 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!

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