

CORPORATE YOGA PROGRAM FOR WOMEN LIVE WELL & EXCELL

Calmer
Stronger
Healthier
Happier
You

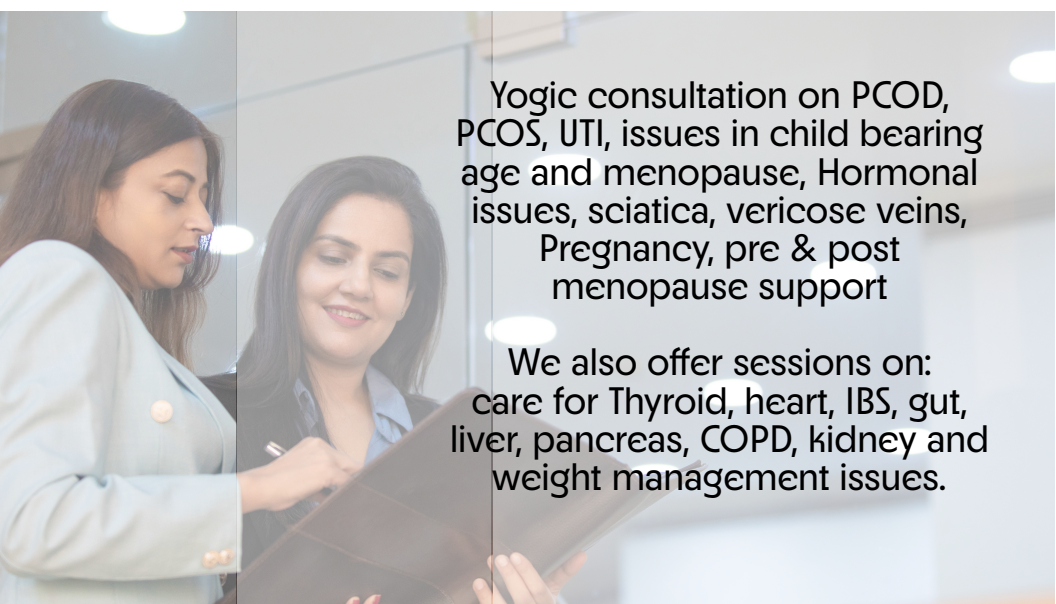


**GET HIERARCHY BASED
NEED BASED, AGE BASED
SUPPORT**

Our customized programs for women help them attend to far greater challenges that surface with age, and additional responsibilities of the family. Besides OUR mental and emotional support through yogic modules, we help them with physical wellbeing with practices of classical Hatha yoga.

FOOD SUPPORT: Our food vertical supports them with flexible practical and customized diet plan.

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



Yogic 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, kidney and weight management issues.



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!**



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.

Schedule experiential online session

by paying INR 1000/- on (for Indians)

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