



THAT DAM



YOGI

MEET YOUR YOGI (SIMRIN)

Meet Simrin Vijayakar, also known as That Dam Yogi! With over 7 years of teaching experience and 600+ hours of training in Hatha, Vinyasa, Ashtanga, Yin, and Aerial Yoga, Simrin is passionate about making yoga accessible and impactful for everyone.

Hailing from Mumbai, India, Simrin is dedicated to the transformative power of movement. She creates playful yet purposeful classes that emphasize alignment, breathwork, and mindfulness, offering a well-balanced experience for students of all levels.

Based in Amsterdam, Simrin shares her knowledge and passion for yoga with the vibrant community of this beautiful city, helping individuals unlock their fullest potential.



MY OFFERINGS

Tailored yoga and mindfulness sessions to support your work place well-being

Mat Yoga – Traditional yoga on a mat, focusing on movement, breath work, and relaxation. Suitable for all levels.

Desk & Chair Yoga – Simple stretches, mobility exercises, and breath work—all from your chair and desk. No mat required, perfect for a quick office reset.

Aerial Yoga – A unique, anti-gravity yoga practice using suspended fabric hammocks to support movement, improve flexibility, and decompress the spine. Held at an external studio.



MAT YOGA

Session Type: One time Refresh & Recharge Session

Duration: 1 hour

Participants: 1 - 45

Level: Suitable for all levels (beginner to advanced). Modifications will be provided to ensure inclusivity.

Objective: To provide an accessible, relaxing, and energising yoga experience that aligns with your team's wellness goals.



PROPOSED OUTLINE

Introduction and Breathing Techniques (5 minutes):

Brief introduction to the benefits of yoga and an overview of the session. Includes simple breathing exercises to help participants center themselves.

Dynamic Flow (45 minutes) with Vinyasa Yoga:

Guided movement through a series of yoga postures focusing on improving mobility, flexibility and balance. Designed to be adaptable to varying experience levels.

Relaxation and Meditation Techniques (10 minutes):

Gentle stretches followed by guided meditation leaving participants refreshed and calm.



CHAIR & DESK YOGA

Session Type: One time Desk Detox Session

Duration: 45mins - 1 hour

Location: On-Site at Client's Office

Participants: 1 - 45

Level: Suitable for all levels, designed for accessibility in a work setting.

Objective: To help employees improve posture, reduce tension from prolonged sitting, and reset their energy levels.





PROPOSED OUTLINE

Introduction and Breathing Techniques (5 minutes):

Brief introduction to posture awareness and simple breathing exercises to reduce tension.

Dynamic Flow (40 minutes) with Chair and Desk:

Guided stretches and mobility exercises to release tension from the neck, shoulders, spine, and hips. Light standing postures (if space allows) to improve circulation and energy.

Relaxation and Meditation Techniques (10 minutes):

Short guided meditation and breathing techniques to enhance focus and reduce stress.

AERIAL YOGA

Session Type: One time Elevate and Decompress Session

Duration: 1 hour

Location: External aerial yoga studio

Participants: 1 - 12

Level: Suitable for all levels. No prior experience needed.

Objective: A gravity-defying session designed to relieve spinal compression, build strength, and provide a fun, stress-relieving experience.



PROPOSED OUTLINE

Introduction & Warm-Up (10 minutes):

Overview of aerial yoga, safety guidelines, and gentle hammock based stretches to prepare the body.

Aerial Flow (40 minutes):

Supported yoga postures, light inversions, and core-strengthening movements using the aerial hammock. Adaptable to all levels.

Relaxation and Floating Meditation (10 minutes):

Gentle stretches in the hammock followed by guided floating meditation for deep relaxation.





WHY YOGA IN THE WORK PLACE?

- **Reduces Stress:** Promotes relaxation and mental clarity by lowering stress hormones.
- **Boosts Productivity:** Improves focus, creativity, and decision-making skills.
- **Improves Physical Health:** Relieves back pain, enhances posture, and counteracts sedentary strain.
- **Strengthens Teams:** Encourages collaboration and trust through shared practices.
- **Enhances Well-Being:** Builds emotional resilience, reduces anxiety, and lifts overall mood.