



*Skylit Ayurvéda*

CORPORATE  
WELLNESS  
PROGRAMS

# INTRODUCTION

In the fast-paced and demanding landscape of today's corporate world, the need for effective stress management has become paramount. As employees navigate tight deadlines, high expectations, and long work hours, the toll on their mental and physical well-being can be substantial. Recognizing the imperative to address these challenges, corporate wellness programs are increasingly incorporating holistic approaches to stress management, and two ancient practices - Ayurveda and Yoga - stand out as powerful tools to promote overall well-being.

The integration of Ayurveda and Yoga in a corporate wellness program offers employees a comprehensive and sustainable approach to managing stress, enhancing their overall quality of life.

Ayurveda, the traditional system of medicine that originated in India thousands of years ago, is rooted in the belief that balance is the key to a healthy life. It emphasizes the interconnectedness of the mind, body, and spirit, offering personalized approaches to wellness based on an individual's unique constitution, or "dosha." Ayurveda employs a combination of diet, lifestyle, and natural therapies to restore harmony and promote resilience against stress.

Yoga is a mind-body practice that combines physical postures, breath control, meditation, and ethical principles to foster a holistic sense of well-being. Yoga provides a profound pathway to alleviate stress by promoting mental clarity, physical strength, and emotional balance.

These programs highlight their potential to contribute significantly to stress management within the corporate setting.



# PROGRAM HIGHLIGHTS

The primary goal of the Corporate Wellness is to promote the physical, mental, and emotional well-being of your employees through the time-tested principles of Ayurveda. Ayurveda, an ancient Indian system of medicine, focuses on the balance of mind, body, and spirit. By integrating Ayurvedic principles into the workplace, we aim to enhance overall health, reduce stress, and improve productivity and job satisfaction.

## Stress Management Workshops

Equip employees with effective stress management techniques derived from Ayurveda. These workshops will address the impact of stress on health and productivity, offering practical tools to enhance resilience and coping mechanisms.

## Yoga and Meditation Sessions

Incorporate daily yoga and meditation classes to promote physical flexibility, mental clarity, and emotional well-being. These sessions can be adapted to accommodate various fitness levels, ensuring inclusivity for all employees.

## Ayurvedic Workshops

Engage employees in interactive workshops led by certified Ayurvedic practitioners. These sessions will cover the fundamentals of Ayurveda, including personalized dosha assessments, dietary guidelines, and practical lifestyle modifications to foster a healthier work-life balance.

## Mindfulness Practices

Introduce mindfulness practices such as mindful breathing and conscious awareness. These techniques will empower employees to stay present, reduce anxiety, and enhance their ability to focus on tasks at hand

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# BENEFITS

## Increased Employee Morale

Investing in employee well-being demonstrates a commitment to their health and happiness, resulting in a more positive and motivated workforce.

## Improved Productivity

Employees who prioritize their well-being are likely to experience increased focus, creativity, and productivity, ultimately benefiting the company's overall performance.

## Enhanced Employee Retention

Providing wellness initiatives fosters a sense of loyalty and connection among employees, reducing turnover and attracting top talent.

## Cost Savings

Proactive wellness programs can lead to reduced healthcare costs, fewer sick days, and a healthier, more resilient workforce.



## CORPORATE WELLNESS PACKAGES

### One Day Ayurveda, Yoga, and Meditation Workshop

Duration: 1 day

Overview: This intensive one-day workshop is designed to provide employees with a comprehensive introduction to stress management tools derived from Ayurveda, yoga, and meditation.

Structure:

- Morning Session:
  - Ayurveda and stress management principles presentation.
  - Guided yoga session focusing on stress reduction and flexibility.
- Afternoon Session:
  - Interactive Ayurvedic nutrition workshop.
  - Mindfulness meditation and relaxation techniques.

What's Included:

- Certified Ayurvedic and Yoga Instructors
- Workshop materials and handouts
- Yoga mats and meditation cushions
- Ayurvedic refreshments and lunch
- Dosha assessment for participants
- Take-home stress management toolkit

Cost:

- \$150 per participant
- Minimum of 20 participants

Note: Prices are estimates and can be adjusted based on the number of participants, location, and specific customization requests. These packages are designed to cater to the diverse needs and preferences of employees, fostering a culture of well-being within the organization.

## CORPORATE WELLNESS PACKAGES

### Six-Week Yoga and Meditation Workshop Series

Duration: 6 weeks (1 session per week)

Overview: This package offers a more extended and immersive experience, allowing employees to integrate stress management practices into their routine over a six-week period.

Structure:

- Weeks 1-2:
  - Introduction to Ayurveda and personalized dosha assessment.
  - Basic yoga postures and breathwork.
- Weeks 3-4:
  - Advanced yoga techniques for stress reduction.
  - Introduction to various meditation practices.
- Weeks 5-6:
  - Ayurvedic lifestyle practices and nutrition.
  - Culmination with a mindfulness and relaxation session.

What's Included:

- Certified Ayurvedic and Yoga Instructors
- Weekly 90-minute sessions
- Individual dosha-based consultations
- Progress tracking and goal setting
- Take-home practice assignments and resources
- Certificate of completion

Cost:

- \$250 per participant
- Minimum of 15 participants

Note: Prices are estimates and can be adjusted based on the number of participants, location, and specific customization requests. These packages are designed to cater to the diverse needs and preferences of employees, fostering a culture of well-being within the organization.

# CORPORATE WELLNESS PACKAGES

## Three-Month Comprehensive Wellness Program

Duration: 3 months (combination of weekly workshops and personalized sessions)

Overview: The three-month program offers a holistic approach to employee well-being, combining weekly workshops with personalized sessions to address individual needs.

Structure:

- Months 1-2:
  - Weekly workshops focusing on different aspects of Ayurveda, yoga, and meditation.
  - Individualized Ayurvedic consultations for participants.
- Month 3:
  - Tailored yoga and meditation sessions based on individual progress.
  - Final group session with a recap, goal reflection, and future wellness planning.

What's Included:

- Certified Ayurvedic and Yoga Instructors
- Weekly 90-minute group workshops
- Bi-weekly personalized 1-on-1 sessions
- Dosha-based nutrition and lifestyle plans
- Ongoing progress tracking and support
- Take-home resources and toolkit
- Certificate of program completion

Cost:

- \$500 per participant
- Minimum of 10 participants

Note: Prices are estimates and can be adjusted based on the number of participants, location, and specific customization requests. These packages are designed to cater to the diverse needs and preferences of employees, fostering a culture of well-being within the organization.



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