



Guidance Clinic India Pvt. Ltd.
Your
Quotient

You Know
Wellness

Corporate Yoga

By: Guidance Clinic India Pvt. Ltd.
Research and Development Wing



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Corporate Life by its very nature induces stress at every stage which builds up to several complications. Beginning from basic reasons such as sedentary lifestyle to advanced reasons such as professional excellence and ambition, the factors form a dangerous concoction for personal health.

Our mission is to provide services, which devoted towards the Healthy and Happy Body and Mind .Combination of mind-body health directly or indirectly reflect in every performance and all part of human life

We have entered this area with a revolutionary concept and aim at providing quality services to people from all walks and every strata of the society, based on international value standards.

What is Wellness?

Wellness is the proactive, dynamic & progressive living in a higher and positive state of body and mind. It involves integration of body, mind and spirit. It is characterized by preservation, growth and development of different aspects of self.

Dimensions of Wellness

1. **Physical Wellness**
2. **Intellectual Wellness**
3. **Emotional Wellness**
4. **Social Wellness**
5. **Cultural Wellness**
6. **Occupational Wellness**
7. **Environmental Wellness**
8. **Spiritual Wellness**

We present Corporate Yoga (program or services) for business organization

For every successful business organization there, workforce wellness is the one of the basic stone. So for Increase morale in workplace our Corporate Yoga provides various services of wellness programs (through yoga classes; workshops and, Psychological Counseling and Testing& Assessment to promote the positive physical and mental health of the employees to increase well-being for optimal health, Productivity, teamwork, get motivated, sharpen focus, increase concentration and achieve peak performance.

Our Corporate Yoga programs are Informative and innovative programs. It is a complete programmer of mind-body health, and personal challenge and acceptance. - Perfect for the corporate environment.

Our corporate Yoga is a scientific discipline that offers practical and definitive results while addressing tension in both the body and the mind. It is discipline of awakening the body's intelligence and removing stress and tension at their source. It balances all the systems in the body, toning the nervous system, releasing anxiety and promoting inner harmony removes stress.

It has been evident that one class (Yoga for Healthy WorkPlace a week will helpful to develop concentration, focus and mental flexibility. It will keep the workforce healthy, more productive, reducing absenteeism from work. It will also compliment your working community and team building efforts, as well as, provide each staff member a time for personal development. We make yoga accessible to people at all levels creating a safe and comfortable environment to pursue balance, healing and inner strength. Our classes offer simple, safe, and practical techniques that quickly reduce tension and stress at any time and place, especially the workplace. Corporate yoga is more than just exercise and relaxation; more than a general yoga class; more than a conventional course in stress management. It is a complete program of mind-body health, and personal challenge and acceptance.

We are deals Corporate Yoga with related issues .

- Over all wellness **Wellness**
 - **Physical Wellness**
 - **Intellectual Wellness**
 - **Emotional Wellness**
 - **Social Wellness**
 - **Cultural Wellness**
 - **Occupational Wellness**
 - **Environmental Wellness**
 - **Spiritual Wellness**
- Physical, mental and emotional health
- Stress management
- Relaxation skills
- Concentration & clarity of mind
- Clear perception & decision-making
- Self-confidence, self esteem
- Personal productivity
- As well as fitness, health and well-being

We provide the various ranges and package of Yoga Services for the Corporate houses We brings corporate Yoga services through & after legal commitment (written format). (You need is to provide a space in which we conduct the class and Mats). Our all services are chargeable.

We are Using these techniques such as :

- **Asana** (Exercise & Stretching)
- **Pranayam** (Breathing Exercises)
- **Yoga Nidra** & Auto suggestion (Relaxation techniques)
- **Concentration and Meditation**(Guided Meditation)
- **Mindfulness**
- **Diet and Lifestyle**(Healthy food habits and Kitchen remedies)
- **Self-Awareness and Introspection & Positive thinking.**
- **Know you Self**

We designed (presents) Corporate Yoga program “Yoga for Healthy Workplace” for the positive physical and mental health of the employees for the corporate group, The unique feature of this program is that it based on two approaches that are ---science of Yoga and Psychology (Psychological Counseling and Testing& Assessment).We combine yoga and psychology for best results from corporate group.

If you are interested so our basic requirements:

Space : We bring Yoga to you. All you need is to provide a space in which to Conduct the class. It could be any of the following:

- Conference room
- Classroom
- Empty office
- Work stations

Equipment: Mats are the only requirement to start the Yoga session.

Fee structure

Rates would be charged either per student per sitting or per group (Maximum of 30 and minimum of 10) per hour.

Corporate Yoga sessions will take place on the business premises and will be from 50 to 60 minutes in length for a fee 500 Rs /- per session for groups of 15 and under.

YogaNidra /Relaxation Therapy/Stress Management / Shakhaprakshalnm sessions are offered for 30 to 40 minutes for a fee of 1000 RSs/- per session for groups of 15 and under.

We are Using these techniques such as:

- Asana (Exercise & Stretching)
- Pranayam (Breathing Exercises)
- Yoga Nidra & Auto suggestion (Relaxation techniques)
- Concentration and Meditation(Guided Meditation)
- Mindfulness
- Diet and Lifestyle(Healthy food habits and Kitchen remedies)
- Self-Awareness and Introspection & Positive thinking.
- Know you Self

Benefits

Corporate Yoga teaching service specializing in private and group classes designed to meet individual client's needs. We make yoga accessible to people at all levels creating a safe and comfortable environment to pursue balance, healing and inner strength. Our mission is to provide yoga classes and workshops designed to increase well-being for optimal health, productivity and performance. Hatha yoga is a scientific discipline of awakening the body's intelligence and removing stress and tension at their source. All tension, both physical and mental, is stored somewhere in the body and stress reduction is a matter of discovering how to release tension on both levels. Yoga removes stress from both sources since tension in one area has a direct affect on the other. Our classes offer simple, safe, and practical techniques that quickly reduce tension and stress at any time and place, especially the workplace. Corporate Yoga classes provide you with:

1. Ways to identify stress signals and indicators
2. Posture improvement for prevention of aches and pains
3. Strength building for greater resistance to stress
4. Techniques for the workplace designed to alleviate tension
5. Safe exercises that bring more energy and balance to the body
6. Breathing techniques to energize or calm the body/mind
7. Activate the powers of mind.
8. Be happy, focused, relaxed and confident person.
9. Activate hidden talents, capacities and talents.
10. Connect to real self and experiences freedom from modern life stresses.
11. Achieve lasting health and well being.
12. Stay calmer, think better, and have better productivity
13. Achieve excellence in personal and professional life.
14. Master of own life
15. Increase stamina and alertness.
16. Promote positive health at the physical, mental and emotional level.
17. Self-management of time, work pressure, peer complexes, meeting deadlines.
18. Promote an effective team spirit.
19. Increase morale in workplace.
20. Decrease employee absenteeism.

Wellness Quotient online test (WQT)

<http://www.guidanceclinicindia.com>

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