

YOGA FOR HEALTH & HAPPINESS

CORPORATE YOGA PROGRAM

No.	Program	Contents	Benefits
1.	Office Yoga 60 minutes	<p>a. Pranayamas <i>Balanced breathing for healthy living</i></p> <p style="text-align: center;">– 15 minutes</p> <p>Types of Pranayamas</p> <ul style="list-style-type: none"> • Bhastrika • Anulom Vilom • Bhramari • Sheetal 	<p>Pranayama improves oxygen concentration in the blood and its circulation, thus improving the cardiovascular function of the body, when practiced regularly.</p> <ol style="list-style-type: none"> 1. Improves Cardiovascular health 2. Reduces risk for Hypertension 3. Improves Lung capacity 4. Treats depression 5. Strengthens immune system 6. Detoxifies body and mind 7. Cures digestive problems 8. Prevents Sinusitis 9. Clears nasal passages 10. Improves concentration & memory
		<p>b. Yoga for Eyes <i>Improvement in concentration</i></p> <p style="text-align: center;">– 10 minutes</p> <p>Eye Exercises</p> <ol style="list-style-type: none"> 1. Palming 2. Focus shifting 3. Viewing up and down simultaneously 4. Viewing from side to side 5. Rotational viewing 6. Preliminary nose tip gazing 7. Distance gazing 8. Trataka 9. Brisk blinking 	<p>Constant gazing at the digital displays dries up the surface of the eye balls. So, these exercises help moisten the eyeballs and improve vision to focus better.</p> <ol style="list-style-type: none"> 1. Improves eyesight naturally 2. It helps to overcome short sightedness and long sightedness 3. Strengthens muscles around eyes 4. Lubrication of eyes 5. Calms the mind 6. Lesser chances of eye disorders 7. Relief from eye strain 8. Improvement in concentration 9. Nourishes the eyes
		<p>c. Asanas <i>Controlling mind, body and soul</i></p> <p style="text-align: center;">– 20 minutes</p> <ol style="list-style-type: none"> 1. Forward Bending 2. Mountain pose 3. Backward bending 4. Lateral bend 5. Thigh stretches 6. Calf stretches 7. Knee exercises 	<p>Asanas brings together physical and mental disciplines to achieve a peaceful body and mind.</p> <ol style="list-style-type: none"> 1. Helps manage stress and anxiety 2. Improves body flexibility, agility, endurance, stamina, muscle strength and body tone. 3. Prevents body aches and pains 4. Perfects posture and spine 5. Better bone density 6. Helps release good hormones in the body

YOGA FOR HEALTH & HAPPINESS

CORPORATE YOGA PROGRAM

		<ol style="list-style-type: none"> 8. Ankle exercises 9. Toes exercises 10. Postural correction 11. Abdominal practices 12. Exercises for arms, neck and shoulders 13. Exercises for back 14. Spine twisting asanas 	<ol style="list-style-type: none"> 7. Helps focus mentally 8. Induces better sleep 9. Keeps all systems of the body healthy 10. Improves lung capacity 11. Improves immunity 12. Enhances mind peace 13. Improves confidence <p style="text-align: center;"><i>... and much more</i></p>
		<p>d. Facial Yoga <i>Toning up the face</i></p> <p style="text-align: center;">– 10 minutes</p> <p style="text-align: center;">Yoga for</p> <ol style="list-style-type: none"> 1. Tongue 2. Lips 3. Mouth 4. Chin 5. Cheeks 6. Ears 	<p>Facial yoga can rejuvenate the face and brighten it up.</p> <ol style="list-style-type: none"> 1. Relaxation of facial and nerve connections 2. Delaying the onset of wrinkles 3. Get rid of dark circles 4. Releases tension in the muscle around the eyes 5. Improves eyesight 6. Strengthens cheek muscles and prevents them from becoming thin and hollow 7. Relaxes muscle around the lips 8. Releases tension from facial muscles 9. Relieves stress from the eyebrow area 10. Face radiates confidence and composure 11. Regular exercise keeps one charged up for the day 12. Adds glow to the face 13. Eliminates double chin and prevents it too.
		<p>e. Kriyas <i>Cleansing practices</i></p> <p style="text-align: center;">– 5 minutes</p> <ol style="list-style-type: none"> 1. Shwasan Marg Suddhi <i>(Nasal Passage Cleaning)</i> 2. Kapalbhati <i>(Forehead brightner)</i> 	<p>Kriyas makes one feel supremely energetic.</p> <ol style="list-style-type: none"> 1. Prevents cold, cough, sinus and sore throat 2. Helps weight loss 3. Mental agility 4. Improves Blood circulation and digestion 5. Enhances beauty 6. Relieves stress 7. Improves functioning of pancreas 8. Helps to detox the body 9. Checks bad cholesterol 10. Improves diaphragm capacity 11. Enhances abdominal breathing