## AUTHENTIC YOGA

FROM SRI SRI YOGA

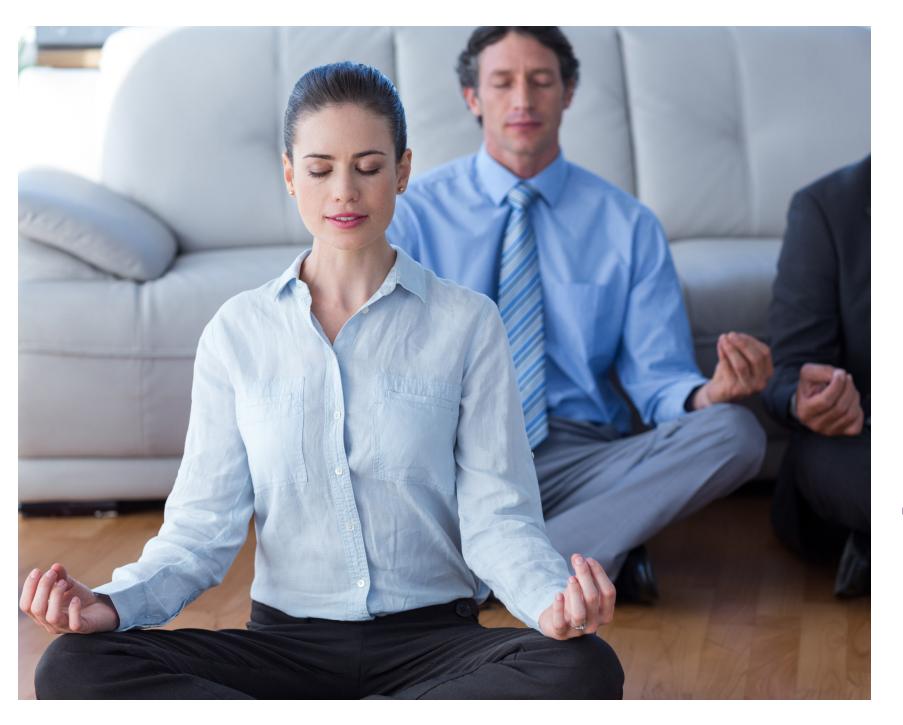
#### YOGA@WORK

Sri Sri School of Yoga
The Art Of Living International Centre
21KM, Kanakapura Road, Bangalore — 560082
Contact: + 91 9959066602, 08068190136
www.artofliving.org/yoga-office

Mail: corporateyoga@srisriyoga.in



Office hours may be filled with excel sheets, strategies, design plans and deadlines. Emails, calls and meetings are added commitments. Amidst these tasks, couple of minutes dedicated to YOGA at work, can increase bandwidth and your with productivity ease. Besides, your body would stretch and your mind would effortlessly align to the demands of business. Feel light, fresh and expanded to do more with power and passion.



"YOGA IS NOT JUST DOING SOME EXERCISE, IT IS MUCH MORE. IT IS TO EXPAND YOUR AWARENESS, SHARPEN YOUR INTELLECT AND ENHANCE YOUR INTUITIVE ABILITY."

GURUDEV SRI SRI RAVI SHANKAR



### PROGRAMS

#### **DESKTOP YOGA**

EXPERIENCE PROFOUND REST AT YOUR DESK

1 DAY 60 MIN

#### **COGNITIVE YOGA**

THINK CLEARLY & INTUITIVELY

3 DAYS 60 MIN EACH DAY

#### **TECHNOLOGY OF YOGA**

FIRST STEP TOWARDS A YOGIC LIFESTYLE

5 DAYS 90 MIN EACH DAY

#### **BODY MATTERS**

HEALTHY BODY & BEYOND

1 DAY 60 MIN

#### LOGIN TO YOUR MIND

INCREASED ENERGY,
IMPROVED STATE OF MIND

2 DAYS 60 MIN EACH DAY

#### YOGA FOR WOMEN

FITNESS. PERFORMANCE. LIFE

3 DAYS 60 MIN EACH DAY



#### FITNESS UNLEASHED

BRING OUT THE SKILL IN ACTION

1,3,6,12 MONTHS

#### **INTENSE DETOX**

REJUVENATE, REVIVE AND HEAL

4 DAYS FULL DAY RESIDENTIAL

# PREVENTIVE HEALTH MANAGEMENT

UNLOCK THE SECRETS OF BETTER HEALTH.

TAILOR MADE