



YOGA@WORK

AUTHENTIC YOGA

FROM
SRI SRI YOGA

YOGA@WORK

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MORE POWER
TO YOUR
PACKED DAY



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 your bandwidth and productivity with 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

HEALING BREATH



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

BEYOND MIND



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