



# CORPORATE MODULE

We Believe a Happy Workplace is  
the Key to Organizational Success

*Yoga is a light, which once lit will never dim.  
The better your practice, the brighter your flame.*







## OUR BELIEF

- ✧ At Yoga365, our purpose is to promote yoga as a 'lifestyle' to be lived 365 days, 24\*7.
- ✧ We believe in spreading the real essence of Yoga and not just limit it to the practice of asanas.
- ✧ Our aim is to provide online tutorials and in-house sessions for beginner to advanced yoga practitioners and teach yoga in its totality, covering all 8 limbs of Sage Patanjali's Yoga Sutra.



## WE CONDUCT

- ✧ Customised corporate Yoga workshop
- ✧ Corporate Zumba workshops
- ✧ Ayurvedic diet consultation workshop
- ✧ Ergonomics workshop by expert physiotherapist
- ✧ Financial literacy workshop

### YOGA365 - BEST RATED YOGA INSTITUTE IN MUMBAI

Professional Government Certified Trainers | Certified School  
By Indian Yoga Association | A Vibrant And Spacious Studio



# REASON WHY CORPORATES NEED YOGA

Yoga has many benefits, some are as follows :

- ✦ It helps in improving Metabolism & Digestion.
- ✦ Its energizes & refreshes body & mind.



Lowers Anxiety & Stress



Treats Neck & Back Pain



Good for PCOD & PCOS



Positive Energetic Work Environment



Promotes weight loss, tones the body



Corrects Posture



Boosts Immunity



Enhances Employee's Productivity





# HIGHLIGHTS OF CORPORATE YOGA WORKSHOPS

- Posture correction and chair yoga
- Stress management
- Increase flexibility and strength
- Specialised sessions for men and women
- Corporates retreats
- Customised sessions as per requirement and occasion

योग: कर्मसु कौशलम् |





# MENTAL HEALTH WORKSHOP

- ॐ Understanding mental health
- ॐ Recognizing signs
- ॐ Creating a supportive environment
- ॐ Encouraging work-life balance
- ॐ Techniques
- ॐ Way forward





# AYURVEDA DIET CONSULTATION WORKSHOPS

- Introduction to Ayurveda
- Prakriti analysis
- Specific dietary advice as per dosha
- Meal planning
- Lifestyle recommendations
- Diet as per season










# ERGONOMICS WORKSHOP BY EXPERT PHYSIOTHERAPIST

- What is office syndrome?
- Introduction to ergonomics
- Common workplace injuries
- Assess your workstation
- Ergonomics practices for different roles
- Yoga and stretching
- Real life applications





# HIGHLIGHTS OF CORPORATE ZUMBA WORKSHOPS

-  Zumba sessions pan India
-  Certified zumba trainers
-  Lighten up your office environment
-  Level up your employee's fitness
-  Online and offline sessions available





# FINANCIAL LITERACY WORKSHOP

- Why we need to save?
- Art of taking financial decisions
- Risk identification
- Choosing correct financial product
- All about taxes and ways to save taxes
- Home loans, real estate investments, how, why and when?





# KNOW MORE ON THE SESSION LAYOUT

- 🧘 Session Duration : 30-120 Mins (As per deal)
- 🧘 The sessions can be conducted both in-place and online (from mobile/ laptop/ tablet) ; For online,we conduct sessions over Zoom, Microsoft Teams, or any other technological platforms
- 🧘 Can be conducted in office clothes/ Yoga wear. Comfortable clothing is preferred.
- 🧘 Asana can be done both sitting/ standing at one place.





# OUR CLIENTS







# YOGA 365

अथ योगानुशासनम्



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