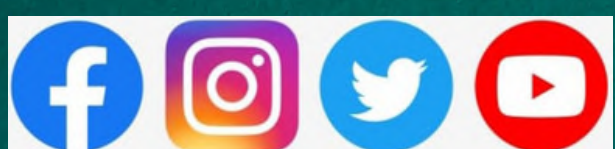




# CORPORATE YOGA

Yoga at your workspace to improve  
your productivity and reduce stress

- Asana (Physical poses)
- Pranayama (Breathing techniques)
- Dhyana (Meditation)
- Chair Yoga
- Simple exercises
- Stress relief techniques



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# BENEFITS OF CORPORATE YOGA

The practice of yoga helps in realising of the human potential to the fullest. It has been found that practice of yoga at workplace leads to enhanced productivity and stress relief.

The other benefits of corporate yoga are as follows:

- Creates positivity
- Improved morale
- Better work-life balance
- Decreased absenteeism
- More fulfilled and joyful workforce

These benefits will naturally flow from the individuals to the workplace they are contributing to, which makes corporate yoga highly essential and effective in the wellness of the individual as well as the organization.



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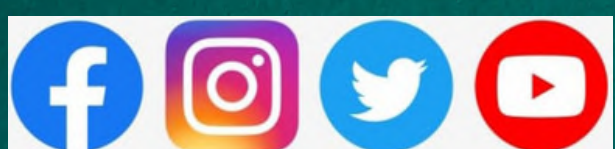


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# OUR CORPORATE YOGA PROGRAMS



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## 1.HARMONY YOGA

A session essentially focussed at regularizing breathing,relaxing the mind and improving focus by diving into pranayama(breathing techniques) and dhyana (meditation).The understanding of the essence of the 'breath' enhances mindfulness and awareness increasing the cognitive performance in an individual.

### Topics Covered:

- 1.Breathing Exercises
- 2.Pranayama (Breathing techniques)
- 3.Dhyana (Guided-Meditation)
- 4.Simple stress-relief techniques



Duration: 1 hour

Fees: Rs. 2,500 per session  
(50-60 participants per session)



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## 2. YOGA ANYWHERE

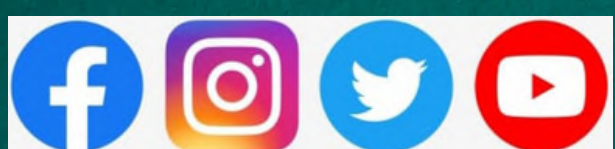
A session focussed on making yoga accessible to everyone and everywhere with benefits of normal yoga like building strength, increasing flexibility and overall well-being. Ideally practiced on a chair, the session modifies traditional yoga practices to suit modern needs.

### Topics Covered:

1. Breathing Exercises
2. Pranayama (Breathing techniques)
3. Dhyana (Guided-Meditation)
4. Simple stress-relief techniques
5. Chair Yoga asanas (Physical poses on a chair including eye exercises)

Duration: 1 hour

Fees: Rs. 3,500 per session  
(50-60 participants per session)



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### 3. JUST MOVE YOGA

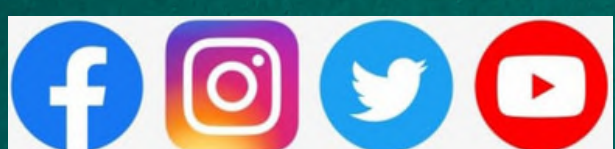
This is a session introducing traditional yoga practices to beginners. Focussed on physical poses which give relief from stress and body pain, this is the ideal session for employees leading a sedentary lifestyle. The session will be specifically focussed on posture, spine-strength, neck issues, eye relaxation and other specific pain points for a deskjob employee.

#### Topics Covered:

1. Asanas (Physical poses)
2. Introduction to Surya Namaskar (Sun Salutation)
3. Pranayama (Breathing techniques)
4. Dhyana (Guided-Meditation)
5. Simple stress-relief techniques

Duration: 1 hour

Fees: Rs. 5,000 per session  
(50-60 participants per session)



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## 4. YOGA FOR BEGINNERS (REGULAR CLASSES FOR CORPORATE)

Yoga for beginners is the perfect place for employees to begin their yoga journey. With a combination of asanas, dhyana, pranayama, yoga nidra and lifestyle changes, these sessions are focused at the holistic well-being resulting in well-balanced physical, mental, emotional and spiritual growth of the individual.

Duration of 1 session: 1 hour

Fees: Subject to frequency of sessions and number of participants

### Topics Covered:

Asanas- Asanas are the physical postures which help in improving the strength and flexibility of the body. They include Surya Namaskar (Sun Salutation), Chandra Namaskar (Moon Salutation), Standing asanas, Sitting Asanas, Supine Asanas, Prone asanas and Restorative asanas (relaxing asanas)

Dhyana- Dhyana (meditation) helps the practitioner achieve heightened state of awareness and better focus. It helps in stress-relief, relaxation and calming the mind and body. With regular practice it enhances the concentration and intuitive power of the practitioner along with mindfulness.

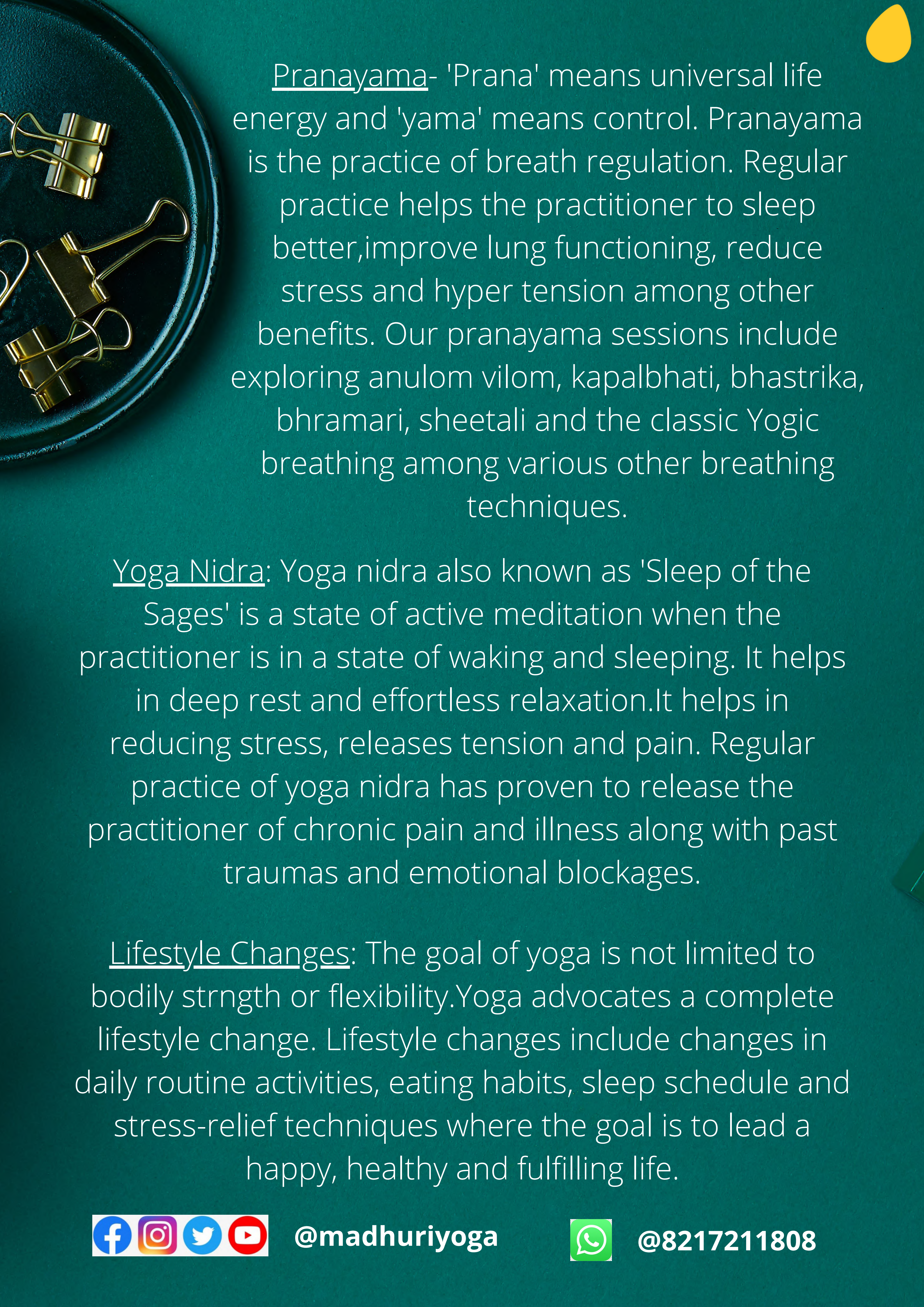


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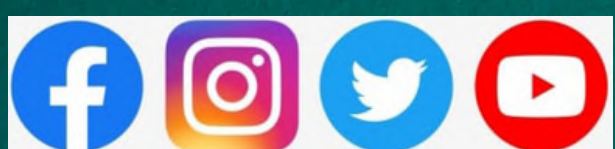




Pranayama- 'Prana' means universal life energy and 'yama' means control. Pranayama is the practice of breath regulation. Regular practice helps the practitioner to sleep better, improve lung functioning, reduce stress and hyper tension among other benefits. Our pranayama sessions include exploring anulom vilom, kapalbhati, bhastrika, bhramari, sheetali and the classic Yogic breathing among various other breathing techniques.

Yoga Nidra: Yoga nidra also known as 'Sleep of the Sages' is a state of active meditation when the practitioner is in a state of waking and sleeping. It helps in deep rest and effortless relaxation. It helps in reducing stress, releases tension and pain. Regular practice of yoga nidra has proven to release the practitioner of chronic pain and illness along with past traumas and emotional blockages.

Lifestyle Changes: The goal of yoga is not limited to bodily strength or flexibility. Yoga advocates a complete lifestyle change. Lifestyle changes include changes in daily routine activities, eating habits, sleep schedule and stress-relief techniques where the goal is to lead a happy, healthy and fulfilling life.



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# PROTOCOLS TO BE FOLLOWED DURING ONLINE YOGA SESSIONS

## LOGIN:

1. Login to the sessions **on time**. Sessions will start and end at the exact time. **Late logins** beyond 5 mins after the sessions have begun will **not be allowed** as it disturbs the flow.
2. **Cameras** should be **turned on** during all the sessions. It will help in correcting the alignment and mistakes. It will also help the facilitator to connect to the participants.
3. As soon as you login, kindly **mute** yourself to avoid disturbance.
4. For maximum benefit of the session, prefer to login from a place where there is **silence** and **no disturbances/distractions**.

## CLOTHES:

1. Clothes **appropriate for yoga practice** are to be worn.
2. Prefer clothes which are **loose-fitting** and **comfortable** as well as allowing **easy body movements**.
3. Kindly maintain the decorum of the class by **avoiding home wear** (nighties, towels for ladies and banyans, towels, lungis for men)

## CHAIR YOGA:

1. During Chair Yoga sessions, ensure you are using a chair which is **strong** and **able to withstand pressure**.
2. **Avoid** chairs with wheels, which are easily bendable and easy chairs.



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# PROTOCOLS TO BE FOLLOWED DURING ONLINE YOGA SESSIONS

## DESKTOP YOGA:

1. During Desktop Yoga sessions, ensure you are using a chair which is **strong** and able to **withstand pressure**.
2. Chairs with **wheels** can be used.
3. Ensure you are sitting in such a way that there is sufficient **gap** between your chair and your desktop & table for **easy body movements**.

## OTHER PROTOCOLS:

1. If you have a **yoga mat**, you can use it. If you do not, you can use a **thick blanket** or practice on a **clean floor**.
2. Finish your heavy meal **1-1.5 hours** before the yoga session.
3. Keep a **bottle of water** and a **towel** with you during the sessions.
4. **Kindly do not practice on the bed/cot.**
5. Participate with **dedication** and **commitment**.
6. All **doubts** and **questions** can be clarified at the **end of the class**.  
Since it is an online class, pausing and conversing will cause disturbance to the others.
7. Kindly follow the **instructions of the facilitator**. Some of you might be familiar with the sequence and the asanas. But since it is a class, it is suggested to follow the instructions and practice along with the others.
8. Be open to various **feelings/sensations/reactions** that you may get to experience during the sessions.
9. **Don't compare** yourself with others. Your progress and experiences are a part of your own journey.
10. **Be yourself and enjoy to the fullest!**



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# KNOW YOUR INSTRUCTOR

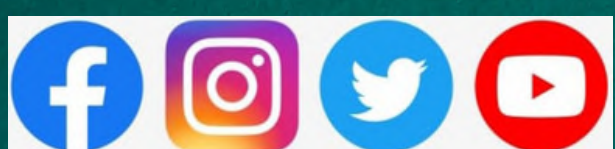


## Madhuri Vasisht

YIC, RYT200, RYT (Pre-natal TTC)

Madhuri comes from a Chartered Accountancy background. In the year 2013, after a road accident, she started practicing yoga. Her recovery led her to make yoga a part of her lifestyle. After being diagnosed with PCOS (Poly-cystic Ovaries Syndrome) and a battle with depression, she cured herself with the help of yoga and self-healing. This prompted her to spread the knowledge of Yoga and help others heal from their ailments. She got her Yoga Instructor's Certification (YIC) from S-Vyasa University, Bangalore. She completed her RYT200 and RYT Integrated Pre-natal certifications as well.

In the year 2019, she founded 'Madhuri Yoga' and connected to people from various backgrounds and led them to the path of yoga. With her yoga sessions being simple and easy to follow, she has been able to reach out to the young and the old alike. Currently, with over 2,000 hours of yoga teaching experience, she has helped 100s of people to find peace, health and happiness through Yoga. She believes Yoga is for all and everyone should make it a part of their lifestyle to lead a healthy, happy and fulfilled life.



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## IMPORTANT LINKS

With over 15,000 followers on Social media we are making yoga accessible world-wide. Our client list includes students from India, Australia, United States of America, United Arab Emirates, Qatar and Netherlands among other countries.

Find us on social media:

[Facebook](#)

[Instagram](#)

[Youtube](#)

For queries and sessions send us a mail:  
**[madhurivasisht@madhuriyoga.com](mailto:madhurivasisht@madhuriyoga.com)**



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# TESIMONIALS FROM STUDENTS

Hi Madhuri, been meaning to say this for a while. But never got the chance. I haven't attempted any physical activity for the last 8 years apart from walks. So when my son encouraged me to join your sessions, I was inspired by him. I find the sessions paced out and so peaceful without having any ulterior motive and pressures of the typical "weight loss", "fat burner" etc. I am truly accepting my own body for what it is and what it is doing.

I wanted to take a break today as I had sore arms post my vaccination day before. But, decided to go ahead because its the only time I get to be self aware and be in my space 😊

Today, I couldn't believe that I could complete 21 rounds of Surya namaskar for the first time ever. Loved the whole adrenaline rush post that! Thank you for making me believe in my own body's ability. Looking forward to more 😊🙏

23:32

Hi Madhuri thanks for the making myself proud after completing 24 rounds and I am happy to share that I am doing perfectly according your instructions in my mind ... Thank you once again for making me yoga and started to see small small changes in my life.... 🙏🙏🙏🙏

07:36

Hi!  
Usually after practicing everyday, my body feels very heavy and I'll be tired. But today after 24 rounds of soorya namaskar, I'm feeling so light.. I don't know how.. I haven't felt so light in almost 6 years..

20:10

Thank you for this.. you're a great inspiration 🙏

20:11

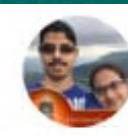
Once a nightmare "Suryanamaskar", become a cake walk today. All because of you Madhuri. So much gratitude and love to you 💕💕💕 .. I never know one day, I will be doing 24 rounds of Suryanamaskar, Two years back when I was gasping after doing just 2 rounds. It's not about having determination but about having the right mentor to handhold. Loads of love to you



20:09

Can't hold my emotions at this moment... I'm so so happy

20:10



Uthra Sairam recommends Madhuri Yoga.

17-Nov-2020

Madhuri teaches yoga at a pace that beginners will gain confidence in class 1 itself and the hand holding throughout the sessions and non judgm...



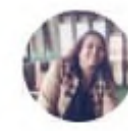
Like



Comment



Share



Veena Sanjay recommends Madhuri Yoga.

13-Nov-2020

I have been associated With Madhuri for some time now and I am very motivated to attend the yoga sessions. She takes us through the practic...

Thankyou Mam 07:56

It feels really good to have completed 21 rounds

07:56

It was a beautiful experience my blood was pumping very fast on my forehead

07:56

Thanks 07:56

It was nice feeling ... Feeling refreshed 🙏

🙏 both body and mind

08:00

New experience Madhuri akka feeling fresh in the morning thank you so much

08:10



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