

# Corporate yoga

By guitargaurav



# About us

Guitargaurav is academy for providing employee engagement activities in Mumbai, Pune & Delhi NCR.

Guitargaurav is group of artistic people from different verticals of Indian film Industry, united together to start an entrepreneurial group to present a very interactive platform between industry professionals and aspirants of India.

Looking after the great demand of employee engagement activities and teambuilding activities in corporate, we have chosen activities to provide recreation and removing monotony from regular routine. With an innovative concept, we have been serving the clients who are best in class, belonging to corporate world of major metropolitan cities of India.

## Profile overview:

- Associated with more then 35 blue chip companies such as Wipro, Reliance, L&T etc.
- 'A' grade faculty to provide world class training.
- Certified training to serve corporate, which are best in class.
- Awarded by Brooklyn Business Success Inc.
- Memeber of CTEA (Cine & Television Education Association).



# What is yoga?

Yoga means togetherness of awareness and body. It is a practical science aiming at the realization of the ultimate – moksha. My purpose is to remove the misconception that yoga is for the elderly and the sick. The practice of yoga should ideally be commenced in early childhood when the body is by nature loose and flexible. Beginning early brings truth to the old adage “prevention is better than cure”. Though yoga does help in treatment of diseases, this is not its only goal.

Ancient masters like Patanjali have made mankind aware of the fact that Yoga is a science which is practical and usable with guaranteed scope of growth at all levels of human existence – physical, mental, emotional, physiological and spiritual. Its sole principle is to progress from a state of doing to the state of non-doing.

The ancient art of yoga says that an empty mind is God’s workshop. With the passage of time, medical science has made tremendous progress. So have metaphysics, physics, chemistry, human physiology and sports medicine. Yoga, which is a practical science, however, has fallen into the hands of those who don’t really understand its depth and use it for superficial purposes such as figure correction, weight loss and stress management.

*“For me, yoga is not just a workout – it’s about working on yourself.”* Mary Glover



# Types of yoga for corporates

No.	Type	Details
1	Rapid Yoga	Specially for IT and BPO professionals. can be done in office space near desk
2	Chair yoga	Yoga poses that can be done while seated in a chair
3	Suksham Vyayam	48 kriyas, micro exercises for every part of the body, benefits subtle body, can be done standing in office cloths
4	Shatkarmas	Cleaning body toxins, additional equipment and space required
5	Therapeutic Yoga	for help in treatment of specific disease
6	Meditation	Relaxation and stress reduction
7	Traditional Yoga	Asanas & Pranayam, long session of around 45 minute, require more time , space and mats



*“Yoga is the fountain of youth. You're only as young as your spine is flexible.”* Bob Harper

# Benefits of Corporate Yoga

- **Reduces Absenteeism**

Corporate Yoga revitalises the immune system and the major organs of the body, removing waste products such as alcohol up to three times more quickly. Improved immunity means less workdays lost through colds, fatigue and other non-specific illnesses.

- **Reduces back pain**

An extensive number of sick days are lost because of back pain each year in Australia. The stronger, healthier backs that result from a regular yoga practice will significantly lessen the number of days missed in your company. Count them.

- **Faster response time**

By training you in the art of single pointedness, yoga immediately improves mental concentration and focus.

- **Improve problem solving skills**

Yoga harmonises the left and right sides of the brain so logical and creative thought come together as one. Flashes of inspiration should become increasingly common.

Continue...

*“Before you've practiced, the theory is useless. After you've practiced, the theory is obvious.”* David Williams



# Benefits of Corporate Yoga

- **Ability to Stay Cool**

Stress is like an enclosing wall all around us. Yogic deep breathing and yoga stretches create a genuine sense of inner and outer space. Tightening deadlines, conflict and other stresses will lose their grip as you learn to breathe and stand your ground.

- **More Energy and Vitality**

Yoga awakens hidden reserves of energy within your nervous, endocrine and cardiovascular systems so drowsiness and fatigue are replaced by alertness and aliveness.

- **Feel Happiness**

Yoga physiologically transforms apathy and depression by oxygenating the brain and increasing the endorphins in the blood.

- **Team Building**

Taking yoga classes together is a way to build better communication and trust between members of a team and even have fun.

... and Much More ...

*“You cannot always control what goes on outside. But you can always control what goes on inside.” Mr. Yoga*



# What we offer

- Sessions/workshops can be offered in the morning, lunch hour or after work.
- Sessions can be conducted on a daily, weekly or monthly basis.
- The duration of the session could be anywhere between 30 minutes to 3 hours depending upon the type of program.
- All the programs are designed free of the barriers of age, sex and body types.
- The program suit all level of practitioners i.e. beginner, intermediate and advanced.
- Participants with physical complications are advices to seek medical help before starting any physical activity
- Yoga can be done in office clothes.
- Workshops and sessions are available for groups of varied sizes.



*“Yoga is the perfect opportunity to be curious about who you are.”* Jason Crandell

# Pricing & Curriculum

Content	Details
Price	Rs. 3600/- Per Head
Class duration	As per your requirement
Total hour	18 hours
Total sessions	As per your requirement
Course duration	As per your requirement
Quorum	8 to 12 Students

To see our sessions video:

1. [click here](#)
2. [click here](#)
3. [click here](#)

*"A photographer gets people to pose for him. A yoga instructor gets people to pose for themselves.."* T. Guillemet





# What we offer

**Q.1 Are your classes suitable for beginners?**

**Ans.** Yes. Even absolute beginners can participate in our classes. You do not have to have any experience with yoga to come to class.

**Q. 2 What days and times do you have available for a corporate yoga class?**

**Ans.** You choose the day and time that you would like to have a class each week, or twice a week, and we will do our best to set you up with an instructor who is available then.

**Q. 3 What if I miss a session?**

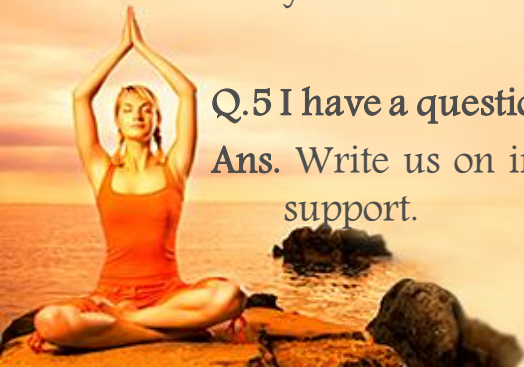
**Ans.** No problem! You can either drop in on the same session or a different batch of your class or you can take a private "mini" session at a convenient time.

**Q. 4 The sessions conducted shall be in your premises or ours?**

**Ans.** The class will be held in your premises only, Also we do have many branches where you can come and join us in your free times.

**Q.5 I have a question not covered in the FAQ's?**

**Ans.** Write us on [info@guitargaurav.com](mailto:info@guitargaurav.com) or call us on +91 9664999477 for any kind of support.





# Thank you



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