



Presents

CORPORATE YOGA



Corporate Yoga

Mrityunjay Yoga presents Corporate Yoga for companies willing to include Yoga in their workplace. Our Yoga programs are customized to suit the needs of various industries and working professionals.

We are driven by motif of providing benefits of Yoga at workplace in minimum time and effort. Closely observing the lifestyle disease, caused by stress and strain of corporate life we came up with the idea of corporate Yoga classes. According to a survey done on 500 odd corporate employees from various sectors, it was proved that about 75% of the respondents suffered acute lifestyle disorder.

In addition to mental stress corporate can prove to be physically overwhelming leading to various diseases like headache, migraine, cervical, sciatica, frozen shoulder, tennis elbow, breathing disorder, back pain, lumber problem, knee pain, indigestion, anxiety, depression, etc.

Type of Corporate Yoga services we provide

Chair Yoga:

To include Yoga in tight busy schedule can sometimes prove to be difficult. For such situation we have formulated chair Yoga. This Yoga package includes set of asanas that can be performed sitting on chair. This asanas is also suited for offices having limited mobility. In chair Yoga we mainly focus on giving movements to facial muscles, hand and leg joints. Chair Yoga includes facial yoga and eye relaxation session. Since office work mainly includes staring at computer screen, we also include asanas for providing relief from cervical, shoulder lock, back pain etc. Chair Yoga also include a quick pranayama session.

Instant Yoga:

Most corporate sectors shy away from incorporating Yoga because they think it requires lots of time. We break the myth for them and have come up with Instant Yoga session. Instant Yoga includes a session of 15-20 minutes. These sessions are customized according to the need. Even short session can prove to be equally effective if done properly. Instant Yoga includes light exercises and hence can be done any time and even in office clothes.

Traditional Yoga

For long term benefits we present Traditional Yoga. This Yoga session is of one hour and is done in silent environment (not on office floor). One need to wear Yoga wear and have their own Yoga mat. Traditional Yoga sessions focus on overall physical and mental health. The asanas in traditional Yoga are done in standing, sitting and lying position.

Yoga for mental well being

Desk Job can take a toll on once mental health. Prolonged working hours, odd working hours, stress of meeting deadlines, meeting clients, cracking business deals etc. can prove to be mentally exhausting. Having sound mental health is very important in dealing with stress and strain of corporate life. For mental relaxation and increased concentration, we provide special meditation and tratak session. These sessions prove to be beneficial in many ways as it not only relaxes mind but also increases attention span, increases concentration and provide better decision making ability.

Special Session

Special sessions are done once in a while. Various activities are done in this session, including brain games, counselling, experience sharing, bhakti Yoga, and other activities.