



BALANCE, RHYTHM & HARMONY

# **INDIAN FEDERATION OF YOGA**

## **WELLNESS PROPOSAL**

**YOGA AND AWARENESS SESSION FOR  
CORPORATE EMPLOYEES**



# INDIAN FEDERATION OF YOGA

## Indian Federation of Yoga (IFY)

Has been setup to provide a platform to the organizations in India as well as abroad who are working in field of Yoga education & undertake research on Yoga, Ayurveda, Naturopathy, and other natural medical treatments. We are a Group of reputed organizations working with sole motto of propagating traditional learning of Yoga to the masses as well as the experts in the field. "Our mission is to unleash, facilitate, and co-create integrative wellness of your employees, as embodied in their positive attitude and healthy lifestyle reflected in their work, home and community, Indian federation of yoga offering 2 Hours Yoga session for Corporate.

## Why do Corporate Yoga?

Corporate Yoga Session are a great way to improve workplace morale, increase productivity and bring everyone together to do something fun as a group. Yoga can be a welcome break to a busy work day or a relaxing way to de-stress at the end of the day. We guarantee that each and every yoga class with one of our certified teachers will leave you and your co-workers refreshed, re-energized and ready to deal with workplace stress.





# BENEFITS OF CORPORATE YOGA

## For Businesses:

- \* Increased productivity
- \* Decreased health care premiums
- \* Reduced staff turnover
- \* Reduced employee absenteeism
- \* Higher job satisfaction amongst employees
- \* More respect for senior management of companies
- \* More attractive to potential employees seeking employment with your company

## For Employees:

- \* Reduced stress, anxiety & depression
- \* Increased energy and decreased fatigue
- \* Improved memory, focus and concentration
- \* Stronger muscles and increased flexibility
- \* Improved posture
- \* Improved overall health and reduced risk for diseases, including cancer





# INDIAN FEDERATION OF YOGA

## About Our Session

All of IFY yoga teachers are fully certified with a well-recognized Yoga Teacher Training program; Our yoga Session are designed to fit the needs of the individuals in each group. Most of our Session are all-levels and are suitable for almost anyone, even absolute beginners. We recommend practicing yoga at least thrice a week, but even once a week will have noticeable results.

## OFFERING CLASS

### Hatha Yoga - Our Most Popular Class

Hatha Yoga is a combination of asanas (physical postures), breathing techniques and meditation. Participants will become stronger, more flexible and will feel relaxed at the end of each class. Level can range from very beginner to advanced; most of our Session are All Levels and can accommodate a broad range of levels and abilities.



# OFFERING CLASS

## Hath-Yoga has been shown to:

- \* Reduce body Stiffness
- \* Relaxing body and mind both
- \* Improve body postures
- \* Improve immune function
- \* Boost circulation of more oxygenated blood throughout the body
- \* Energies the body

## Schedule of the Session:

- \* A 15min lecture of what yoga is and why is it important
- \* 30min of warm up exercise with breathing technique
- \* 5 rounds of surya namaskar (Sun Salutation)
- \* 5 mins rest in savasana
- \* Few asanas and meditation to relax
- \* Querys and questions





# MINDFULNESS MEDITATION

This instructor-led class will relax the body and calm the mind. Meditation has been shown to increase quality of life, lower blood pressure and cholesterol, reduce stress and much more. Suitable for all levels. Sessions are all 30 minutes long.

## WHAT WE OFFER

Sessions/workshops can be offered in the morning, lunch hour or after work. Sessions can be conducted on a weekly basis. The duration of the session could be anywhere between 30 minutes to 2 hours depending upon the type of program. All the programs are designed free of the barriers of age, sex and body types. The program suits all levels of practitioners i.e. beginner, intermediate and advanced. Participants with physical complications are advised 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.



## PRICING & CURRICULUM

Content	Details
Price	Rs. 300 Per Head
Class duration	2 Hour
Total sessions	As per your requirement
Quorum	Minimum 25 Personal





**Thank you**



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