



YOGA SYSTEMS  
• hatha yoga school •



CLASSICAL HATHA YOGA  
Designed by Sadhguru

# *Yoga in School*



“Yoga is a tool that will help one do better in the education race as well.  
It brings inner balance, sharper intellect, better focus.”

- Sadhguru

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Certified by



## About Yoga Systems Hatha Yoga School

Yoga Systems Hatha Yoga School is the only certified Isha Hatha Yoga school in Indonesia. Teachers from Yoga Systems Hatha Yoga School, have undergone an intensive 5 months training and are certified by the Isha Hatha School of Yoga, Coimbatore, India.

We offer the full range of Isha Hatha Yoga Practices in Jakarta and Bali at our own studios. We also conduct Corporate Workshops and retreats at other cities as well.

Hatha Yoga is a potent tool to cope with the hectic pace of corporate life.

### What are we here for

1. Mindfulness, meditation, and yoga to combat increased screen time.
2. Today's kids are stuck to TV and smartphones, thus, practicing yoga regularly will give their body a necessary movement which is great for their health.
3. Stress-reduction and self-care techniques, improve focus, memory, self-esteem, academic performance, and classroom behavior. Sessions include breathing exercises, body postures and movements, meditation, and relaxation techniques.
4. Practicing yoga regularly can help become physically and mentally strong, ready to interact with peers in a social setting once again, especially while returning to school after such a long break.

## How can we help

1. Simple yet powerful online practices derived from an ancient Yogic tradition with detailed step by step instructions.
2. Scientifically structured yogic solutions to empower people to manage body, mind, and emotions, helping to develop inner balance and stability.
3. These online sessions are 45/60 minutes length and include practices tailor made to support and boost the immune system.
4. No previous experience of yoga is required.
5. For students age 7+ years old
6. Session schedule are flexible, can take place in the morning or in the afternoon

## Overview of modules offered online: [see full description](#)

- Yoga for Wellbeing
- Yoga for Immunity
- Yoga for Health
- Yoga for Clarity
- Meditation
- Yoga for Respiratory Health
- Food for Wellbeing

## Program duration

### Choice of

- 1 package of 12 ( 75 mins per session ) or 16 sessions ( 45 mins per session )
- 1 or more sessions based on the modules offered above and based on students requirements.

It is recommended to have the sessions as a set of two, 1 teaching session and next review session.

## Session duration:

A minimum of 45 mins per session and can be customized to suit student schedule.



# Modules Offered Online



## Yoga for Wellbeing

The module offers tools to balance the body and mind for a complete experience of inner wellbeing. The simple and accessible practices imparted here include pranayama and breathing technique.

Regular practice can:

- Stretch and activate the spine
- Strengthen the muscles around the spine.
- Prevent the collapsing of the spine as one ages.
- Bring relief from back pain, stress and anxiety.
- Bring balance to your thoughts, activities, and emotions.



## Yoga For Immunity

This module offers practical tools and tips to naturally boost immunity during these challenging times. It combines a simple, dynamic physical and a powerful meditation that organizes and focuses your mind to manifest health in your life.



## Yoga for Health

This module includes practical tools and advice on how to bring your body and mind to a state of health. Combining both physical and meditative practices, it is supportive for enhancing vitality and perception.

Regular practice can:

- Strengthen the muscles and lubricate the joints.
- Relieve chronic ailments and bring a sense of vitality
- Organize and focus your mind to manifest peace in your life.



## Yoga for Clarity

This module combines both physical yogic practices for the neck and shoulder region and Nada Yoga, also known as yoga of sound.

The tools offered in this session can be practiced anywhere, including seated at a desk.

Regular practice can:

- Improve focus, memory, and productivity
- Relieve neck and shoulder pain
- Alleviate stress, anxiety, and tension
- Create an inner atmosphere of joy, making it a natural way to be.



## Meditation ( Isha Kriya )

In this module, you will learn a simple yet powerful meditative practice that fosters health, dynamism and peace. It is a powerful tool to cope with the hectic pace of modern life; offering the possibility of inner wellbeing to anyone who is willing to invest 12 minutes a day. The module also includes Yogic tips for our day to day lives.



## Yoga for Respiratory Health

In this module you will learn a yogic practice that can enhance the oxygen level in the body. Improved oxygen levels can reduce the impact of COVID-19 on breathing and lungs.

We will also go through a powerful meditation that will help you to manifest love in your life.



## Food for Wellbeing

In this module you will be given tips on how to eat right according to the Yogic tradition, how to drink water the right way, and how food and lifestyle are related to chronic ailments. We will also look at how one can benefit from intermittent fasting.

We will explore certain Yogic superfoods and also learn some simple yogic diet recipes that you can incorporate in your daily life.

## GET IN TOUCH WITH US

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## Interest Form

Please take a moment to complete this form so we can support you and your organization.

Name of Organization: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Country: \_\_\_\_\_

Industry: \_\_\_\_\_

School or University Size: \_\_\_\_\_

Role / Department: \_\_\_\_\_

Company Website: \_\_\_\_\_

What type of wellness/wellbeing activities are you looking to bring into your organization?

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