



YOGA SYSTEMS
• hatha yoga school •



CLASSICAL HATHA YOGA
Designed by Sadhguru

Corporate Wellbeing



“Your body and mind will work best and find fullest expression only when you are joyful and peaceful.” - Sadhguru

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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

In a fast paced, modern, corporate life, health is becoming the most ignored aspect while it is the one that needs the most attention in order to keep the organization vibrant and progressive.

We are here to impart practical, scientifically proven tools to manage ones body, mind and emotions; helping to develop inner balance and stability.

How can we help

Our corporate wellness programs introduce:

- Simple yet powerful practices derived from an ancient Yogic tradition with detailed step by step instructions.
- Scientifically structured yogic solutions to empower people to manage body, mind, and emotions, helping to develop inner balance and stability.
- These sessions are 45/60 minutes length and include practices tailor made to support and boost the immune system.
- No previous experience of yoga is required.

Program duration:

Ranges from 1 day to several months based on the employees need and interest. 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 employees schedule.

Audience:

All levels of employees up to senior management.

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

Impact on Corporate Environment

- More focused and relaxed individuals resulting in better decision making, problem solving and enhanced productivity.
- Energized and motivated individuals with enhanced ability to handle stressful situation
- Improved inter-personal relationships resulting in more aligned and effective teams
- Healthier employees resulting in lower healthcare and absenteeism related costs
- Happier employees with greater overall satisfaction leading to higher employee retention rates



Modules Offered Online

This workshop consists of 16 unique sessions of 45 minutes each

- 6 teaching sessions, each one followed by a review session
- 4 sessions on food for wellbeing

Corporates can sign up for the full module and offer 4 sessions in a week to their employees:

- 2 types of sessions:
 - Monday and Thursday teaching sessions
 - Tuesday and Friday review / practice sessions
- Employees can join any teaching session, Monday or Thursday of any week and get started (the teaching sessions will not have any prerequisites)
- Once they have attended a teaching session they will be invited to join the review session for that (on Tuesday and Friday)
- Food for wellbeing sessions can also be offered as a pair



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 procures 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. Its 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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Corporate Offerings Interest Form

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We are here to impart practical, scientifically proven tools to manage ones body, mind, and emotions;
helping to develop inner balance and stability.

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

Name: _____

Email: _____

Phone Number: _____

Country: _____

Industry: _____

Company Size: _____

Role / Department: _____

Company Website: _____

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