

YOU LOOK AFTER PATIENTS.



Life at a medical centre is busy and challenging. You and your staff work hard and long hours, dealing with patients with various ailments everyday.

It is no ordinary job and deserves extra care to maintain peak levels of efficiency, endurance and immunity from infections.

At Mystique Moksha we work with staff in various lines of business to help them cope with the mental and physical challenges of everyday work life. Putting the holistic benefits of Yoga to work, we create special packages to suit each work environment.

For healthcare professionals, we offer a customized package of Yoga practices designed to enhance immunity and increase stamina.

Our group classes are conducted by Nivriti Gargya - a qualified and certified Yoga teacher with years of experience in India, Europe and Australia. Our Yoga practices are easy, safe and can be performed in any room or small area. We have worked in council offices, corporate offices and schools with great outcomes every time. Our clients report higher levels of concentration, lower stress levels and better well being as a result of customized group sessions with Mystique Moksha.

It would be our pleasure to work with your team and let them enjoy the benefits of Yoga.

MYSTIQUE  **MOKSHA**
A BETTER LIFE WITH YOGA

Pranayama 45 minutes



Prana means life force (noted particularly as the energy), and Yama can be translated as to restrain or control the prana, implying a set of breathing techniques where the breath is intentionally altered in order to produce specific results. Pranayama brings balance in sympathetic and parasympathetic system of our body and influence the flow of prana in the Nadis (energy channels) of the Pranamaya Kosha (energy body). These yoga practices influence the flow of prana in the nadis, purifying, regulating and activating them thereby inducing physical and mental stability. Relaxation resulting from the slowing down the breath is the key. The regular practice evokes latent capabilities and clarity of thought.

At Mystique Moksha, we have planned Pranayama practice as a refreshing session for the staff at any time of the day. The breathing practices are explained before giving the pranayama session, so the breath is rhythmic, controlled and uniform.

Guided Meditation 30-45 minutes

Many people tend to think meditation is the same as Yoga. The truth is, meditation is a part of yoga which deals with mental relaxation and concentration. Here, attention is focused on thoughts and breath. Being aware of breathing automatically controls the thought process and thus relaxes mind completely. The Mystique Moksha meditation session is aimed to reduce stress, increase self-awareness and improves concentration.



Work Desk Recharge Session 30-45 minutes



When there is shortage of space and changing into exercise gear seems a luxury, Work Desk Recharge by Mystique Moksha is what you need. It is a specially selected set of practices that can be performed in normal workwear.

These practices help slow down anxiety, hypertension, panic, depression and also help generate a responsive mechanism in place of a reactive one. Breathing techniques improve creative thinking and rational approach to problems at workplace. Loosening of subtle joints releases toxins thereby energising the body and relax the mind.



For more details, contact
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