

Yoga @ Workplace.
Feel better
Work better



MYSTIQUE  MOKSHA
A BETTER LIFE WITH YOGA

Workplace & Yoga

A significant part of our population works in offices. Their main activity is sitting at a desk for long hours and typing away, sometimes with a phone tucked under their ear! Add daily stress to this 'active' work environment and you have a perfect mix of factors leading to health problems.

Most of us are also too busy to go out to find a solution.

What if the solution comes to you?

Mystique Moksha Yoga Classes for Office – working with you, where you work



Mystique Moksha has developed specially designed packages to suit the busy and challenging work environment. We have studied workplaces and have tailored practical easy and safe Yoga

packages which can do wonders to your body and mind. No matter what kind of work environment you have, we can create a package just right for you.

Classic Hatha Yoga **Better Posture, concentration and vitality**

Price: \$300 for a team of 15 participants
(Yoga props will be provided)

(60 minutes)



The session by Mystique Moksha is specially designed to fit in with requirements of the corporate environment. We work more on correction and alignment of the body instead

of a vigorous yoga session. We ensure balancing and focus related postures (Asana) which bring mental equilibrium and improve concentration. Asanas use the limbs of body as weights for the muscles, therefore weights and equipment are not required.

The Yoga Asanas used in this session help bring steadiness, health and lightness in the limbs. With regular practice, one develops agility, balance, endurance and great vitality. Yoga practices have evolved over the centuries to exercise every muscle, nerve and gland in the body. They are not mere postures, but carefully designed exercises using only your body.

Desktop Yoga **Rejuvenation & Stress management**

Price: \$150 for a team of 15 participants
(Fully guided session)

(30 minutes)

No change of wardrobe • Minimum space required • Lunch hour or evening.

When there is shortage of space and changing into exercise gear seems a luxury, Desktop Yoga by Mystique Moksha is what you need. Desktop Yoga 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.

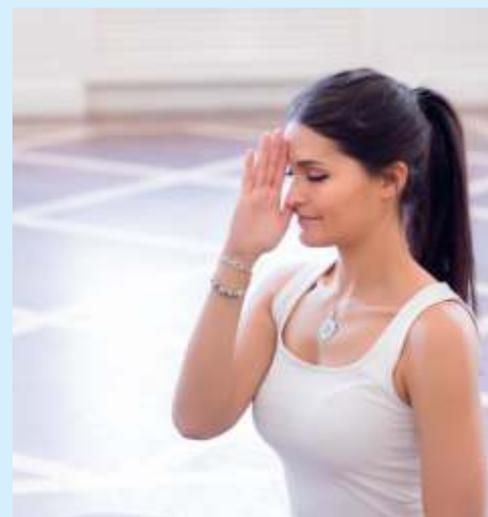


Pranayama Session Peace, health and bliss

Price: \$150 for a team of 15 participants
(Fully guided session)

(30 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.

Special Event/Workshops for Team building or Wellness Campaigns

Mystique Moksha is happy to work with you to design specialised workshops or events as part of overall team building programs or wellness campaigns. These can be included as modules and part of the overall program and can be onsite in office premises or offsite as well. The modules are unique and are designed specifically for the type of training program and also based on the profile of the executives participating in program.

Such Workshops and Wellness Campaigns can include theoretical sessions, wellness mailers and intervention classes for holistic experience on a specific themes or topics. *Pricing will vary in this case depending upon the number of hours and various other factors involved in the workshop/event.*



For more details, contact
Nivriti Gargya

Senior Teacher – Yoga Australia | IYTA | Pranik Healer & Counsellor
M. Sc. – Yoga Therapies | Founder – Mystique Moksha

