



Shammi's Yogalaya

# yoga at work

An Exclusive Program by Shammi's  
Yogalaya for Corporates



“

You may not be able to control the whole world, but you may learn to control your inner world through Yoga

”

- Debashish Mridha



# A LETTER FROM THE YOGA COACH

Dear Professionals,

I take great pleasure in introducing 'Yoga @Work' an exclusive yoga program curated for Corporates. Being a practitioner for more than 20 years, I have been able to bring transformational living for many, even in many severe cases by mentoring them into a Yogic Lifestyle Management. 'Discover Yoga, Discover Yourself' is my mantra. Yoga is more than just losing weight, flexibility, or stress management. It's a journey of self-discovery. Yoga builds flexibility not only in the body but also in the mind. Yoga helps build physical and mental strength.

The outbreak of the Pandemic has shed light on the importance of good health. Now is the time to understand the priority of our life and take control. Yoga's approach to health and wellbeing promotes the harmonious collaboration of body, mind, and spirit.

Our Corporate Yoga Program will aid you and your employees in today's always-on-the-run world to give time to your body- the best way to nourish and blossom the divinity in you.

Regards,  
Shammi Gupta



“

A Good Leadership is not about making Speeches or being Liked; Leadership is defined by Results not Attributes.

”

- Peter Drucker

## INTRODUCTION

Dear Leaders,

We would like to extend to you, our heartiest congratulations for providing the constant support & guidance you have extended to your team members to sail through these tough times. "Any business in any sector is only good as its people." An organization that believes in the importance of a healthy and happy workforce is of utmost importance. An everyday struggle that leaders face these days is to support employees well-being & motivation. Motivating employees to stay fit & healthy & manage their stress levels is a great way to promote employee well-being at workplace



## WHY IS EMPLOYEE WELL-BEING IMPORTANT?

Based on the current circumstances, ensuring your employees feel positive about their lives & well-being is the need of the hour. Happy & healthy employees have proven to increase creativity, boost productivity & reduce cost in the company. Healthy well-being also improves Employee Retention saving Managers the cost & trouble of replacing employees.

It is upto the leaders within the organization to focus on empowering & creating the conditions for employees to thrive & be well personally, professionally, physically & financially. Investing in employee well-being means directly investing in company's productivity which could lead to big returns down the line.



## EMPLOYEE WELL-BEING & YOGA

Incorporating Yoga into your employees wellness routine can help you reap the following benefits:

- Improved Posture: Long sitting hours hunched in front of their computer screens can have an impact on the posture which hampers productivity. Yoga poses & stretches can help with stretching major muscle group & increase flexibility.
- Better Immunity: Yoga helps lower stress hormones that compromise the immune system. Sickness due to minor illnesses is one of the main reasons for employee absence in the workplace. Improving immunity can help in reducing employee absenteeism cost of the company.
- Increased Creativity: Yoga helps in relaxing the mind which reduces the stress & improves focus & concentration. It refines inner emotions which help them in coming up with creative & innovative ideas at work.
- Increased Productivity: Less stress & more energy makes employees more productive at work. More productivity leads to higher output & profits.



## ABOUT SHAMMI GUPTA

Ms. Shammi Gupta, founder-director of Shammi's Yogalaya & Shammi's Yogalaya Foundation, is a Lifelong Yoga Practitioner, Yoga Mentor, Counsellor & Life Coach, Healer, Yoga Therapist & Naturopath. She works passionately on the theme 'Healing with Alignment' with a belief that imbalance on any front is the source of all the miseries of life.

***Ms. Shammi has extensive educational qualifications in Yoga such as M.A. in Yoga Shastra, Diploma in Yoga, Advance Diploma in Yoga, 500 hours Yoga Alliance Teachers Training Certificate, National Yoga Referee with Yoga Federation of India & many more.***

She thrives to bring therapeutic bliss, a disease-free & to quote her "a sampurn life" in all her practitioners by mentoring them on a journey of natural living through Yoga & Naturopathy. She continues to spread the multi-dimensional aspect of Yoga & Natural Living in all arenas of the society. Her mission is to bring the benefits of yoga to people to encourage them to lead a healthy way of life.



## OUR PROGRAMS

CURATED ESPECIALLY FOR CORPORATE WELLBEING

- ★ Team Building
- ★ Building Immunity and Endurance
- ★ Managing High-Pressure Environments and Projects
- ★ Day to Day Work Life Health
- ★ Conventional Yoga Program

Disclaimer : Yoga provides great benefits, but only you know your own body and limits. Please consult your health care professional with any questions or concerns before starting any yoga program.





## Team Building

The literal meaning of 'Yog' is 'Union'. This union is about synchronizing the 'SELF' with various aspects of its living. So that, the human being can evolve in its entirety and not in segments. A business is able to prosper at its best when each unit of its operation- the members primarily, are able to synchronize well, not only with the final goal but also with the functioning of each other as team members of the project. Team Building Yoga brings that synchronization into the team & the team effort through Stress Management, Patience, Adaptability, Partner Skill Building, etc. The program is primarily designed to work in a cohesive manner for the best outcome of the given goal.

1- hour session per week

Minimum Batch Size: 20-25 Employees

Program Span: Tailored as per the company's requirements

To be conducted by : Shammi Gupta

Price on Request



## Building Immunity & Endurance

The role of Immunity & Endurance was never as pronounced as the current epidemic has taught us to believe in. Every single practice of 'YOG' is dedicated to enhanced IMMUNITY, meaning an ALKALINE BODY & MIND, disease-free and healthy living. The content day-to-day living, with no sick leave or drained out mind and body, and positively looking forward employees is directly connected with 'effective and efficient productivity.' This segment will have combinations of practices that would work directly on Immunity Strength Building.

3 hours session per week

Minimum Batch Size: 20-25 Employees

To be conducted by:

Master session by Shammi Gupta, other sessions by Shammi's Yoyalaya qualified teachers

Program Span: Tailored as per the company's requirements

Price on Request



## Managing High-Pressure Environments & Projects

High-Pressure Projects, Deadlines, and Targets are there to stay forever. These are indeed important to flourish but only when regulated positively or can result in High Blood Pressure, Obesity, Diabetes, and Heart Problems. Some quick 'Calming Down Tools' can help get a grasp on the building pressures and teach how to 'RESPOND' to a situation than falling victim to it by 'REACTING' over it.

45 minutes session per week

Program Span: Tailored as per the company's requirements

To be conducted by:

Master session by Shammi Gupta, other sessions by Shammi's Yogalaya qualified teachers

Minimum Batch Size: 10-15 Employees

Price on Request



## Day to Day Work Life Health

Work-life balance is not a short-lived or short-term arrangement. It is here to stay and to stay parallel to the rest of the aspects of life. 20 to 30 minutes of practice whether at home or at work can go a long way in managing that balance. We have curated a specific 20-minute practice for you to get you going merrily.

45 minutes session per week

Program Span: Tailored as per the company's requirements

To be conducted by:

Master session by Shammi Gupta, other sessions by Shammi's Yogalaya qualified teachers

Minimum Batch Size: 10-15 Employees

Price on Request



## Conventional Yoga Program

Hectic work schedules or managing crazy deadlines can thrust you into situations where physical and mental health takes a backseat. Give your employees a yoga break amidst the hustle-bustle of busy work life. Our conventional yoga session is an excellent way of reducing stress and switching on the body's natural relaxation response.

2-hour session

Program Span: Tailored as per the company's requirements

To be conducted by: Shammi's Yogalaya Qualified Teachers

Minimum Batch Size: 20-25 Employees

Price on Request



# Discover Yoga Discover Yourself

We look forward to working with you.

For more details  
contact us:

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Call : +91 9821775525

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E-mail us: [shammisyogalaya@gmail.com](mailto:shammisyogalaya@gmail.com)

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