



Corporate wellness and yoga programme



Yoga Samvidaa is a lifestyle yoga and wellness brand for kids, youths and adults. We aim to create better quality life for kids, youths and adults alike by making yoga fun for all around the world.

In today's world, corporates and organisations struggle to keep their employees motivated and satisfied. Low levels of physical and mental wellbeing among its employees leads to a decline in a company's health.



“ vyādhi – styāna – saṁśaya – pramāda – ālasya – avirati
– bhrāntidarśana – alabdhabhūmikatva – anavasthītatvāni
– citta vikṣepāḥ - te - antarāyāḥ |” - YOGA SUTRA 1.30

The above yoga sutra states that there are NINE obstacles/distractors of the mind. All the obstacles stem from the mind. However, every human being is also endowed with the natural gift of healing. This inherent faculty dwells within us throughout our lives. Yoga is a great tool to enhance this inner power to alleviate these obstacles and improve quality of life.



A healthy workforce directly translates to increased productivity and a happier work environment. The benefits of introducing an employee wellness program are manifold.

 <p>Increased energy & focus leading to higher levels of productivity</p>	 <p>Better stress management</p>
 <p>Increased motivation, happiness & satisfaction in work place</p>	 <p>Promote work life balance</p>
 <p>Promote employee's emotional and mental well being</p>	 <p>Promote employee's physical health improved digestion, sleep & flexibility</p>
 <p>Less absenteeism and improved morale</p>	

UPĀYA/TOOLS:

At *Yoga Samvidaa*, we shall help you connect with your inner healing power. **Dr Arathi** with her expertise will guide, motivate, and inspire your employees with an energising and uplifting experience. She shall provide yogic tools like Asana, Pranayama (simple breathing techniques and breath ratios) along with dietary and lifestyle modifications to provide maximum benefit with minimum time requirement.





About the Founder and Yogi - **Dr Arathi**

With over a decade of experience and in-depth knowledge, **Dr Arathi L V** is a Yoga Therapist well trained in the yogic principles of Krishnamacharya. **Dr Arathi** was associated with Krishnamacharya Yoga Mandiram for almost a decade



Dr. Arathi



Dr Arathi's qualifications :

- ☪ **PhD in Yogic Tradition of Krishnamacharya**
(Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya)
- ☪ **Yoga Therapist Training Certification**
(Krishnamacharya Yoga Mandiram)
- ☪ **Healing Chant Teacher Training Certificate**
(Krishnamacharya Yoga Mandiram)
- ☪ **Post Graduate Diploma in Yoga**
(Krishnamacharya Yoga Mandiram)
- ☪ **Masters of Science in Yoga Therapy**
(TamilNadu Physical Education and Sports University)
- ☪ **Masters of Arts in Philosophy and Religion**
(Madurai Kamaraj University)
- ☪ **Bachelor of Science in Nutrition and Dietetics**
(University of Madras)



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Yoga is a light,
which once lit
will never dim.



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