



yogshakti®

CORPORATE WELLNESS PROGRAMS

From Stress to Strength,
Together.

Wellness for the Modern Workplace: **RECHARGE, REFOCUS, REIGNITE.**



Exhausted.
Overwhelmed.
Running on
empty!

Does this sound familiar? The relentless pace of work, the endless to-do lists, and the constant pressure to perform - it's no wonder you feel drained. Stress has become your default setting, and balance feels like a distant dream.

But it doesn't have to be this way.



At Yogshakti, we see you. We understand the toll that corporate life takes on your mind, body, and spirit. That's why we've created our **Corporate Wellness Program** - a lifeline for professionals who are ready to break free from burnout and reclaim their vitality.

Here's how we'll help you:

**Recharge
your energy**
with simple,
effective
practices.

01

**Build
unshakable
resilience** to
handle life's
challenges.

02

**Rediscover
balance and
joy** in both
work and life.

03

**Your well-being is not a luxury,
it's your foundation for success.**

Learn more about us



Yogshakti is a tranquil yoga sanctuary in the heart of a bustling town, offering a serene, nature-inspired retreat to escape daily life and deepen your yoga journey. Founded by Shilpa, whose 30 years of teaching and self-discovery led to the creation of Integrative Yoga, it blends movement and meditation to bring lightness, stillness, and bliss.

More than a studio, Yogshakti is a vibrant community that fosters meaningful connections and inspires mindful, authentic living. Here, yoga is not just a practice but a way of being—a path to inner harmony, freedom, and fulfillment.

Yogshakti also offers Yoga Alliance-certified teacher training programs.



THE GAME-CHANGING BENEFITS YOU NEED

Why it matters...

MANAGE STRESS

Stay calm under pressure.



BUILD RESILIENCE

Bounce back stronger from challenges.



PRACTICE MINDFULNESS

Stay focused and present.



SLEEP BETTER

Recharge your energy and mind.



STRENGTHEN EMOTIONS

Handle feelings with confidence.



DISCOVER YOURSELF

Unlock your true potential.



EASE ANXIETY

Replace worry with calm.



SHARPEN FOCUS

Get more done with less effort.



FOSTER CONNECTION

Build stronger team bonds.



RESTORE BALANCE

Feel calm and in control.



BOOST PRODUCTIVITY

Work smarter, not harder.



EAT HEALTHIER

Fuel your body and mind.



Our program combines holistic practices to nurture physical, mental, and emotional well-being.

the HIGHLIGHTS



DETOX & MOBILITY

Cleansing techniques (Kriyas) to detoxify and energize the body.



BREATHING

Tools to calm the mind and balance the nervous system.



DEEP RELAXATION

Deep guided relaxation (etc. Yoga Nidra) for rest, rejuvenation, and improved sleep.



MEDITATION & MINDFULNESS

Cultivating focus, clarity, and emotional balance.



AYURVEDIC PRINCIPLES

Lifestyle guidance for nutrition, digestion, and sustained vitality.



WISDOM

Offering insights into self-awareness, balance, and harmony to help manage stress and boost focus.

Popular classes available (beginner-friendly):

(Explore more at www.yogshakti.com/classes.)

INTEGRATIVE YOGA



Combines movement, mindfulness, and wisdom to strengthen the body, relax the mind, and restore balance—perfect for managing workplace stress.

HATHA YOGA



Blends movement, breathing, and Yin-Yang principles (active and passive stretches) to build strength, improve balance, and foster calm, ending with deep relaxation.

YIN WITH SOUND HEALING



This therapeutic class pairs Yin (passive stretch) poses with Himalayan Bowls to release tension, reduce stress, and calm the mind—ideal for unwinding after a busy day.

SOUND BATH



A soothing experience of calming sounds designed to relax the mind, ease stress, and promote deep relaxation while you rest comfortably.

YIN YOGA



Yin Yoga, a passive long-held stretching practice, helps release tension, improve flexibility, and cultivate mindfulness for deep relaxation and focus.

YOGA + ART JOURNALING



Blend gentle stretches to release tension with creative art expression, helping you de-stress, reflect, and reconnect with your inner self.

MASALA TEA CEREMONY



A mindful practice to relax your mind, foster gratitude, and embrace the present moment - perfect for unwinding and recharging.



All props and materials are provided at the Yogshakti Center for every class.

Corporate Wellness Programs

THE PACKAGES

DE-STRESS

PACKAGE A | 6 HOURS

PROGRAM SCHEDULE:

07:30am – 08:00am	Kriyas <i>Detox & Inner Cleansing</i>
08:00am – 08:30am	Breathwork <i>Calm the Nervous System</i>
08:30am – 10:00am	Class of your Choice
10:00am – 10:30am	Meditation or Yoga Nidra <i>Practise Stillness</i>
10:30am – 11:30am	Brunch <i>Organic homemade vegetarian spread</i>
11:30am – 12:30pm	How to apply Ayurvedic Principles and Cooking
12:30pm – 01:30pm	Wisdom Sharing <i>Gain Insights</i>

RECHARGE

PACKAGE B | 4 HOURS

PROGRAM SCHEDULE:

07:30am – 08:00am	Kriyas <i>Detox & Inner Cleansing</i>
08:00am – 08:30am	Breathwork <i>Calm the Nervous System</i>
08:30am – 10:00am	Class of your Choice
10:00am – 10:30am	Meditation or Yoga Nidra <i>Practise Stillness</i>
10:30am – 11:30am	Brunch <i>Organic homemade vegetarian spread</i>

UNWIND

PACKAGE C | 2 HOURS

PROGRAM SCHEDULE:

08:00am – 08:30am	Breathwork <i>Calm the Nervous System</i>
08:30am – 10:00am	Class of your Choice



Movement (Asana) strengthens the body;
Yoga elevates the mind. For professionals,
yoga begins where busyness ends - when
stillness brings clarity and balance fuels
strength in the chaos of work.

Customized
programs available

Our partners:



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www.yogshakti.com

