

Yoga for Women



Yoga for Children



Yoga Therapy



Emotional Culture through Bhajans



Yoga for Senior Citizens



Yoga for Corporates

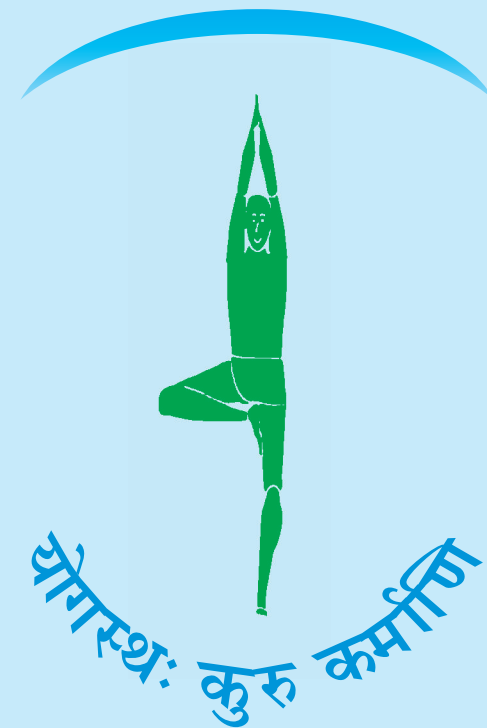


**ADVANCED ASANAS**



# SUYOGA

**SOCIAL TRANSFORMATION THROUGH YOGA**



No. 649, 14<sup>th</sup> Cross, 14<sup>th</sup> Main, 2<sup>nd</sup> Phase,  
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Breathing Exercise



Loosening Exercise



Sun Salutation



Asana



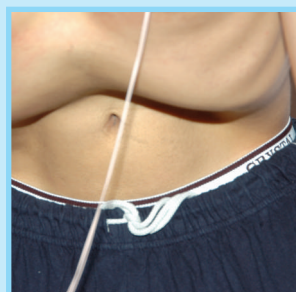
Meditation



Pranayama



Kriya



Bandha

**YOGA  
SCIENCE**

## ACTIVITIES

### For Corporates

- ❖ Stress Management Work Shops through yoga techniques
- ❖ Performance Enhancement Programmes through Yoga Training
- ❖ Employee Counseling using Yoga Concepts
- ❖ Health and Wellness programmes using Kriyas and Yoga Therapy.
- ❖ Regular Yoga Classes by qualified yoga trainers

### For Schools and Colleges

- ❖ Memory and Efficiency improvement programmes through Yogasanas and Pranayama.
- ❖ Moral Education Programmes through Yoga Principles Student Counseling
- ❖ Health and Wellness programmes using Kriyas and Yoga Therapy
- ❖ Regular Yoga Classes by Qualified Yoga Trainers

### For Senior Citizens

- ❖ Simple Breathing and Loosening Exercises
- ❖ Pranayama for good health
- ❖ Meditation for mental peace
- ❖ Bhajans for emotional culture.
- ❖ Diet and Nutrition as per Yoga Science

### For Women

- ❖ Specific Asanas for Pregnant Women
- ❖ Stress Management for handling dual responsibilities
- ❖ Physical Fitness through Asana and Pranayama
- ❖ Emotional Control through Meditation and Bhajans
- ❖ Yoga Therapy to deal with Menopause and allied problems

### Therapy includes

"Special Therapy techniques for common ailments."

*Home Service : "Personal Yoga Trainers Available"*