



CORPORATE YOGA & MINDFULNESS

ANTAR KHIRAD
YOGA & MINDFULNESS EXPERT

ANTARYOGA.NL

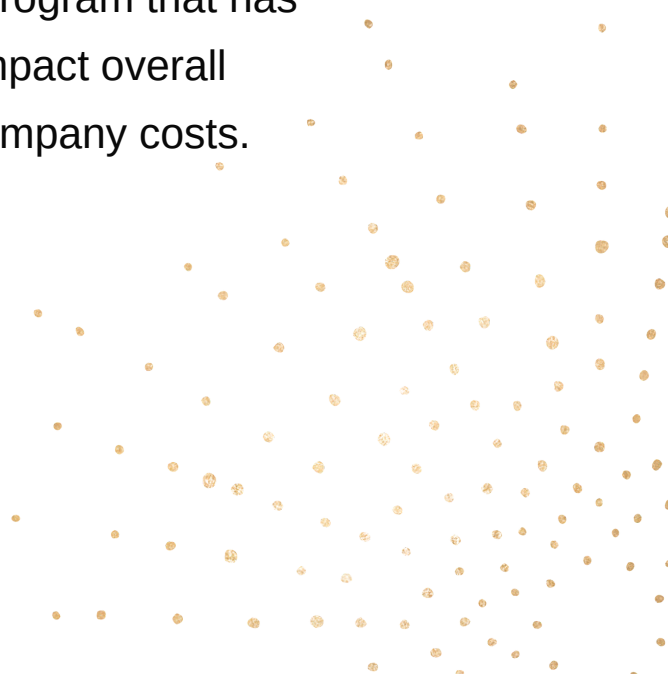
WHY YOGA & MINDFULNESS

Yoga & mindfulness have been proven as an extremely effective way to relieve stress, strengthen body and mind and improve overall health. We ask you to bring yoga and mindfulness to your workplace and encourage your employees to live more balanced lives at work and home. Every one of us is bombarded by daily stressors from both family and the work place. With recent chaos in the world, stress has increased to multiple level and this is where yoga and mindfulness practice come in.



YOGA & MINDFULNESS

Corporate Yoga programs are specifically designed for your organizations and many corporates & business are embracing the benefits of it.

- Studies show that yoga helps to reduce stress-levels and promotes creativity. This is a great way to revive your staff and makes a great community building experience.
 - All classes are customized to meet the needs of your employees. Classes range from no sweat gentle to active or meditation. Together we will choose the type(s) of practice most appropriate for your staff to reduce stress and increase relaxation.
 - Together, we can create a program that has the potential to powerfully impact overall culture, performance and company costs.
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BENEFITS

Benefits for company

- Increased productivity
- Increased employee morale
- Positive working culture
- Reduced absenteeism
- Increased efficiency & creativity
- Increased Team work

Benefits for Employees

- Reduced stress
- Increased Energy level
- Decreased anxiety
- Positive attitude
- Increased peacefulness and calmness
- Reduced muscle tension & chronic back pain

PROGRAMS OFFERED

We offer variety of programs to suit your organizations need :

- Chair Yoga
- Gentle Yoga
- Day / Weekend Retreats for employees
- Stress Management
- Antar Yoga Nidra (Deep Relaxation)
- Neo Conscious Breathing (Breathing Exercise)
- Chronic Back pain management
- Online Weekly / Weekend Sessions
- One on One Counseling
- Ayurveda Healing




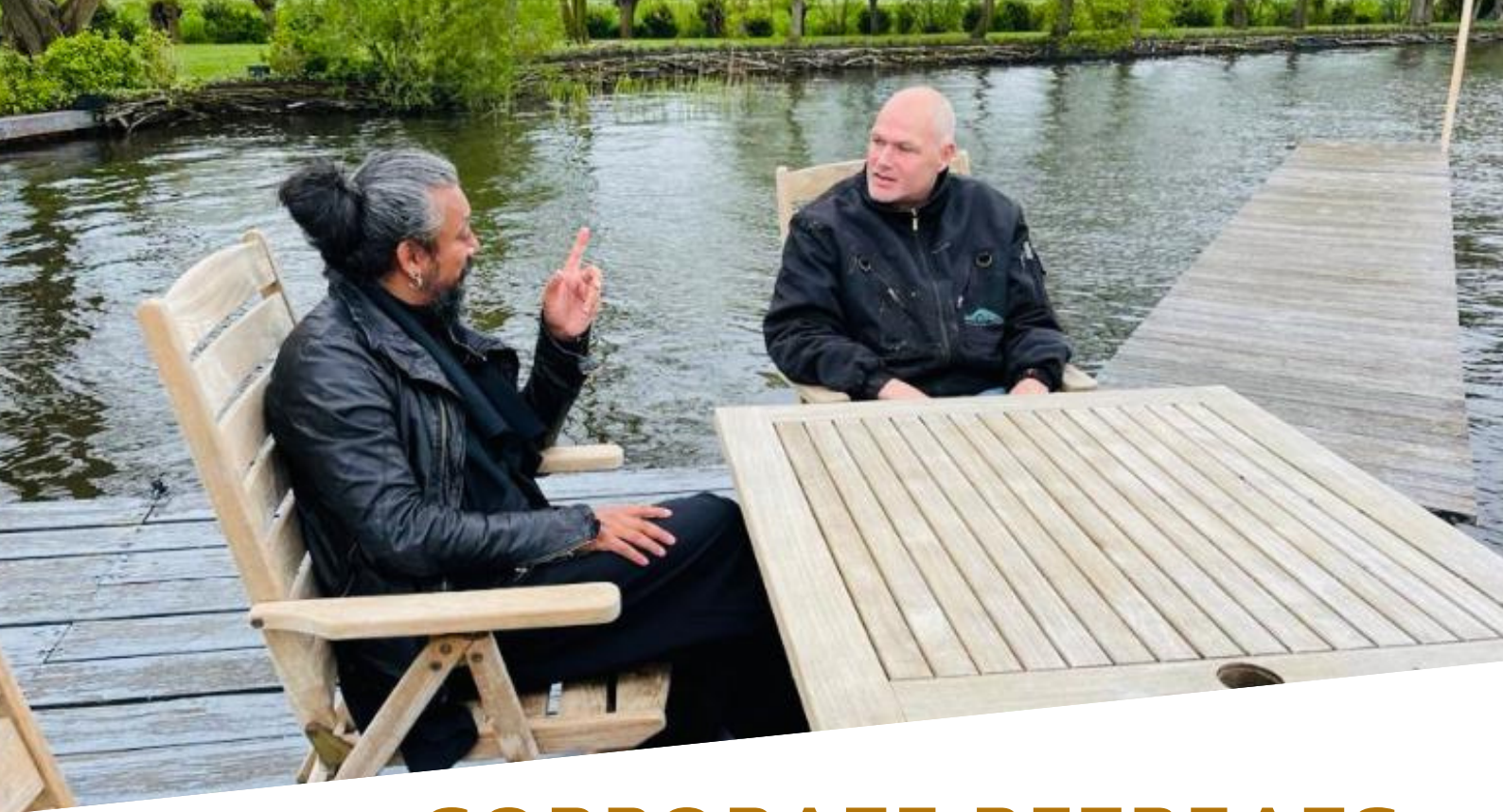
CHAIR YOGA

Chair Yoga is a form of yoga which has been adapted so that it can be performed sitting on a chair, making it incredibly applicable to daily office life. It is the perfect activity to break up those long sedentary periods throughout the day, helping improve future productivity and relieving muscular tension..

The aim of the sessions is to perform a number of poses and educate on breathing techniques to help improve flexibility and promote relaxation.

BENEFITS

- Increased Relaxation
 - Improved Mood
 - Increased Productivity
 - Increased Energy Level
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CORPORATE RETREATS

Modern work situation can become very stressful and overwhelming. Working in this kind of environment can result in low productivity.

You can offer your employees wellness experience through our weekend / Day retreats.

Our retreats are designed to revitalize every individual according to his/her need, rejuvenating the entire team.

Corporate wellness retreats can help build better team work which creates a strong and resilient team.

The combination of Ayurveda, Yoga & Meditation in our retreats helps find balance within and outside.

ANTAR YOGA NIDRA (DEEP RELAXATION)

Antar Yoga Nidra means Yogic Deep Rest or conscious relaxation. It's a guided meditation to take you in deeper relaxation.

it is designed by Antar Khirad and takes a person in a state where Theta brain waves are active and brain is in deep restorative rest..

We organize this session on demand and the effects can be immediately seen. One of the biggest benefit of this session is increased efficiency.

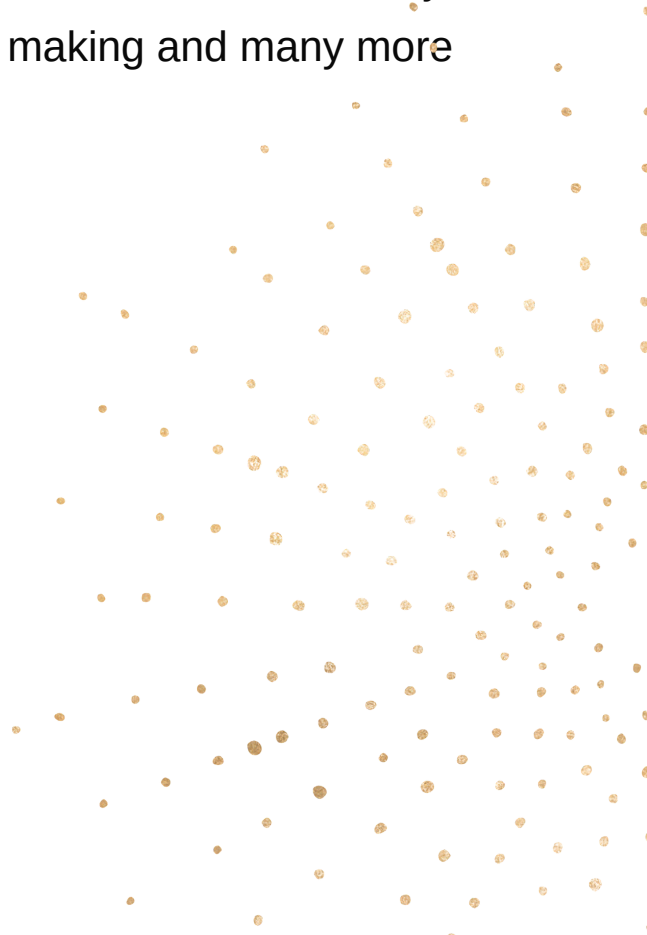


NEO CONSCIOUS BREATHING

Breath is life. We all know this, yet we are not so rooted in breathing. The right breath opens many dimensions and allows a profound process of healing and integration.

With many years of experience in active meditation, Antar Khirad designed the program of “Neo Conscious Breathing” where he provides Master classes of breath work. Many different breathing techniques and meditations have been integrated in this program.

This helps in releasing unwanted emotions, clarity in thinking, better decision making and many more





AYURVEDA - VEDICVERSITY

In this changing phase of the world everyone is getting conscious about the way we live and we become more aware about Health & well Being. We are delighted to share new concept of wellbeing "Vedicversity" - Academy of Ayurveda. Introducing the path of wisdom of an ancient knowledge of Indian sages and yogis . “ Ayurveda “

As we move forward to the time after a while of pausing, it is more than evident we need learn to live with nature and embrace a healthy lifestyle.

You can consult with our Ayurvedic practitioners online/ in - person and get a treatment or join one of our weekend retreats.

HOW IT WORKS

- Every session is customized according to your workplace
- Each session can be 30 mins to 90 mins and can be conducted early morning, after lunch or after work
- Sessions can be organized at workplace, online or in person weekend retreat for relaxation and rejuvenation
- Minimum participation required 10
- Cost of each programs differs based on sessions chosen





ABOUT TEACHER - ANTAR KHIRAD

Antar Khirad ('Inner wisdom') through blessing of grace found himself at community of 'Osho', an enlightened contemporary master in Pune, India. Here he underwent massive inner transformation and got his Sanyas in the year 1996.

He has more than 20 years of experience in teaching yoga and holding wellness retreats/ workshops across the world.

He is also associated with some reputed yoga schools in Netherlands and owns a wellness retreat center in India. His love and passion for joyful living has touched many lives and set people on healing path.