



WITH YOGI GEORGE

A spiritual teacher and a mentor in Healthy Well-being Lifestyle, Self-Awareness and Consciousness Awakening.

Office Yoga Stress Management

FOR CORPORATE WELLNESS

Boost Creativity & Productivity

with Yogi George

The key objective of “Release Stress, Boost Creativity” program is to bring your mind, body and energy back into balance.

By learning very simple Yoga stretches directly on your chair at your desk, as well as many efficient yet practical tools to increase productivity and concentration in your working environment.

Offering a realistic new approach to a healthier lifestyle in overcoming and releasing stress to adopt and build a positive attitude.

This Wellness program has been featured on TV channels, newspapers and taught to numerous companies and government offices throughout Dubai and Abu Dhabi.

Master your Mind & Body



OFFICE YOGA PROGRAM

Breathing & Relaxation techniques | Energy cleansing exercises

Investing in wellness program are innovative and insightful, and above all it is beneficial for both the employee and the company. Strengthening teamwork and cooperation, increasing employees engagement, creating a harmonious work space and relationships that manifests positive change for all.

Discussion topics:

- What is Stress? How does Stress affect our mind & body?
- Essential knowledge about the Autonomic Nervous System.
- How to use your environment to improve your relaxation and boost productivity.
- All about Brain Waves and how to alter between Relaxation and Focus.
- Why relaxation is a must to improve mental clarity and tap into the source of creative energy.

Practical application of “Office Yoga Practice”:

- Breathing Practice: boost your nervous system, master your mind and body.
- Energy Cleansing Exercises: Release negativity and toxin, enhance your immune system with Chair Yoga exercises.
- Relaxation Techniques.



Release Stress & Cleans Toxin



BOOKING YOUR PROGRAM

At your office

Employees will sit on a chair. It is best when there is a designated room where we can close the door making it a private experience for the group.

Renting Space

We will book the space on your behalf according to the time(s) and date(s) agreed. The rental price will be added on top of the service provided.

Prices List

90min: AED 2200
2 hrs: AED 3000
3 hrs: AED 3500
Package available on request

For facilitation outside Dubai, the company will provide the transport.



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