

## Sample Program

### **Preamble**

Contemporary global acceptance of yoga/MBST practices for health promotion, disease prevention, rejuvenation, healing, de-stressing, entertainment, psycho-somatic beautification, longevity; empowering romance, and technical, cognitive and human skills; has been evidenced by substantial scientific researches. The efficacies of yoga and allied MBST practices for empowering wellness and maximizing work performance to attain sustainable success at individual and organization level is experientially and experimentally validated.

### **Aims and Objectives**

The primary aim of this training cum workshop is

- To discuss and inculcate healthy behaviours and practices in the line of yoga and allied oriental knowledge streams to empower wellness and work performance at individual and corporate level.
- To instil smart tips from CAM for stress/anger/frustration/regression management, work-life balance, optimal relationships, energy generation, relaxation, rejuvenation, and age reversal.
- To improve four human faculties- rational intelligence, creativity& innovation, emotional intelligence and spiritual intelligence.

### **Training/Workshop Aids and Services**

- ❖ Need based training/workshop Halls/ground/lawn,
- ❖ Yoga Mats and tools,
- ❖ Multimedia Projector with all accessories,
- ❖ One Laptop with speakers,
- ❖ Laser Indicator,
- ❖ One collar mike and 2 cordless mikes,
- ❖ Ball Pens and Notepads for participants,
- ❖ Yoga Dresses,
- ❖ Body Manipulative Acupressure and Energy Healing tools as required,
- ❖ Herbal Aromas (Sandal, Jasmine, Rose etc.),
- ❖ Handkerchiefs/ tissue papers,
- ❖ Dietary provisions as recommended by consultant and consented by participants and
- ❖ Transport facilities as required

### **Human Resources**

One resource person/consultant accompanied with one or two assistants as per size and nature of participants and the staff.

### **General Information**

1. The filled in registration form is to be submitted online/off-line by each participant.
2. The program venue and accommodation will be provided as desired by the group of the participants.
3. The registration cost includes the cost of the training and training kits and excludes the costs of accommodation, meals and other yoga study materials or aids.
4. The detailed program workout may be downloaded from [www.pashupatiwellness.com](http://www.pashupatiwellness.com) or may be emailed on request.
5. The program will be developed and facilitated by Dr. Rudra Bhandari with his team members in training or workshop style. A tentative module of corporate yoga training may be downloaded from the PWC website.
6. The participants are requested to provide their qualitative or quantitative data as required for impacts analyses of the program intended for.
7. The participants have to submit filled in informed consent before participation and may voluntarily withdraw from the program if uninterested.

8. The bodily manipulation of either gender by the yoga coach/trainer/consultant for the cause of teaching should not be restricted.
9. Provisions of water/other preferable juicy items as recommended by the coach will be served.
10. The natural and organic breakfast, meals and snacks will be served as prescribed by the yoga consultant or dietician.
11. Program duration may vary from 15 minutes to 2 hours as intended/consented by the participants and the consultant.

### **Program Highlights**

The proposed program shall comprise somatic, breathing, psychic, cognitive, behavioural, and spiritual practices for lifestyle moderation to maximize health, happiness, harmony and productivity at individual and organization level. The said practices will be based on knowledge and wisdom grasped from classical spiritual/yogic texts, conventional medical, paramedical and psychological systems and the concerned research updates.

#### **A. Program Workout**

**Duration:** 3-5 days                      **Preferred Timing:** 6:00-8:00am,                      **Session hours:** 2  
**No of Participants:** 15-100                      **Age Group:** 15-70 years                      **Gender:** M/F  
**Fee:** INR 3000-5000 per person excluding Accommodation

#### **1<sup>st</sup> Day**

##### **Activities and their benefits**

**Chants and Prayers:** 5m

**Benefits:** ↑receptivity, optimism, attention, readiness and interest towards session inputs

**Postures:** Loosening Series- 45 m

**Benefits:** Anti-rheumatic (RA & OA), carpal tunnel syndrome, managing musculoskeletal problems, de-stressing, muscle fatigue & pain, energizing, appetizer, relaxing and rejuvenating.

**Breath Regulation:** Abdominal & Thoracic Breathings, Uni-nostril Breathings for crown cleansing- 25 m

**Benefits:** Relaxing, soothing, calming, improving lung volumes and capacities, ↑  
self-confidence, Mental Health, self-esteem and determination

**Gestures and Neuromuscular Locks:** Pran&apan mudra, throat and perineal locks- 10 m

**Benefits:** Calming, relaxing, energizing, optimizing, strengthening genitals organs and romance, inhibiting frozen shoulders and back stiffness

**Concentration:** Corpse Pose- 20m

**Benefits:** ↑concentration, creativity, perception and memory

**Dietary Guidelines:** Daily regimen and diet for optimal health- 10 m

**Therapeutic Consultancy:** Yoga Rx-15m

**Concluding with Prayer:** 5m for individual/collective welfare, harmony, peace and bliss

#### **2<sup>nd</sup> Day**

##### **Activities and their benefits**

**Chants and Prayers:** 5m

**Benefits:** ↑receptivity, optimism, attention, readiness and interest towards session inputs

**Postures:** Spinal Series and **corporeate yoga postures**- 45 m

**Benefits:** spondylosis, lordosis, kyphosis, sclerosis, back pain, frozen shoulder, sciatica, concentration, memory, frustration, anger

**Breath Regulation:** Alternate Nostril Breathing and Bi nostril breathing - 25 m

**Benefits:** Relaxing, soothing, calming, improving lung volumes and capacities, ↑  
self-confidence, self-esteem and determination

**Gestures and Neuromuscular Locks:** Sanmukhi, Kaki, Gyan, Chin and Shambhavi- 10 m

**Benefits:** Calming, relaxing, tranquilizing, energizing, optimizing, inhibiting frozen shoulders and empowering cardio-pulmonary, GIT and neural health.

**Concentration:** Yoga Nidra- 20m

**Benefits:** ↑ concentration, creativity, innovation, relaxation, perception and memory

**Dietary Guidelines:** Night regimen and diet for optimal health- 10 m

**Therapeutic Consultancy:** Yoga Rx-15m

**Concluding with Prayer:** 5m for individual/collective welfare, harmony, peace and bliss

### 3<sup>rd</sup> Day

#### **Activities and their benefits**

**Chants and Prayers:** 5m

**Benefits:** ↑ receptivity, optimism, attention, readiness and interest towards session inputs

**Postures:** For cardio-pulmonary- 15 m ↑

**Benefits:** HRV, Hypertension, High/Low BP, migraine, tension headache, depression, despair, OCD, stammering, snoring, CAD, IHD, Angina, COPD, Bronchial Asthma, Rhinitis, Sinusitis, Allergy

**Breath Regulation:** Periodic and Deep Breathing and Victorious Breath- 25 m

**Benefits:** Energizing, calming, improving lung volumes and capacities,

↑ Self-confidence, appetizer, awakening, self-esteem and determination

**Gestures and Neuromuscular Locks:** Kechari, Kaki, Hridya Mudra, and Ashwini- 10 m

**Benefits:** Calming, relaxing, tranquilizing, energizing, optimizing, empowering cardio-pulmonary and neural health.

**Meditation:** Prana Meditation- 20m

**Benefits:** ↑ concentration, creativity, innovation, relaxation, perception and memory

**Dietary Guidelines:** Seasonal diet pattern for Cardio-pulmonary health- 10 m

**Therapeutic Consultancy:** Yoga Rx-15m

**Concluding with Prayer:** 5m for individual/collective welfare, harmony, peace and bliss

### 4<sup>th</sup> Day

#### **Activities and their benefits**

**Chants and Prayers:** 5m

**Benefits:** ↑ receptivity, optimism, attention, readiness and interest towards session inputs

**Postures:** For GIT Health- 45 m

**Benefits:** Hyperacidity, Peptic Diseases, IBS, indigestion, flatulence, constipation, colitis, piles

**Breath Regulations:** Cooling and Heating Breathing Pattern, Nadisodhan, Resonance Breathing- 25 m

**Benefits:** Energizing, calming, improving lung volumes and capacities, ↑

self-confidence, appetizer, awakening, self-esteem and determination

**Gestures and Neuromuscular Locks:** Kechari, Kaki, Hridya Mudra, and Ashwini- 10 m

**Benefits:** Calming, relaxing, tranquilizing, energizing, optimizing, empowering cardio-pulmonary and neural health.

**Meditation:** Physical Body- 20m

**Benefits:** ↑ concentration, creativity, innovation, relaxation, perception and memory

**Dietary Guidelines:** Seasonal diet pattern for GIT health - 10 m

**Therapeutic Consultancy:** Yoga Rx-15m

**Concluding with Prayer:** 5m for individual/collective welfare, harmony, peace and bliss

### 5<sup>th</sup> Day

#### **Activities and their benefits**

**Chants and Prayers:** 5m

**Benefits:** ↑ receptivity, optimism, attention, readiness and interest towards session inputs

**Postures:** For endocrine health - 45 m

**Benefits:** Diabetes, Hyper/Hypothyroidism, Distress, Depression, dwarfism, erectile dysfunction, premature ejaculation, poor sex orgasm, rejuvenation,

**Breath Regulations:** Crown Cleansing Breath, Pranakarshan, & Resonance Breathing- 25 m

**Benefits:** Energizing, calming, relaxing, focused attention & regulating endocrine secretions, self-confidence, appetizer, awakening, ↑ self-esteem and determination

**Gestures and Neuromuscular Locks:** Uddiyan and Mool Bandha and MahaBandah- 10 m

**Benefits:** Calming, relaxing, tranquilizing, energizing, optimizing, empowering cardio-pulmonary and neural health.

**Meditation:** Astral Body cum Laughter Yoga- 20m

**Benefits:** ↑ concentration, creativity, innovation, relaxation, psychic rectification and activation

**Dietary Guidelines:** Natural Supplements- 10 m

**Q & A:** 15 m for doubts clarifications

**Concluding with Prayer:** 5m for individual/collective welfare, harmony, peace and bliss

**Note:**

- There may be two more sessions (Afternoon and Evening) on energy healing and manipulative body based therapy if needed.
- Dietary prescription (breakfast, lunch, snack and dinner) for each participant during training will be worked out.
- Tour for visit of places/sites with spiritual, ecological and cultural beauty may be planned.