

Corporate Yoga Retreat

Two Day, Yoga Class

“ An excellent way to breathe new life into the health of your corporation.”

Course Overview

Be prepared to be immersed in an active fun-filled retreat that brings the benefits of yoga into the workplace and lives of your employees. A healthy, happy and motivated employee is an extremely valuable asset to the organisation. Experience more than just conventional team building activities as we explore using Yoga to develop awareness and appreciation for the mental and physical well-being. Relax, Recharge & Awaken the potential within.

Course Objectives

At the end of the retreat, participants should:

- Be relaxed, de-stressed & rejuvenated
- Be more flexible in the body & mind
- Feel empowered to attain a better level of health & well-being
- Be more balanced & calm
- Have increased energy levels
- Achieve improved collective group synergy and harmony

Requirements

Yoga Mat: Participants' are required to bring their own yoga mat. Sieger Team can also assist you in purchasing yoga mat, for assistance contact the Our Client Relationship Officer for inquiry.

Course Content

DAY 1: Exploring Yoga in today's Context

- **Yoga Basics:**
 - Yoga as a holistic science in the modern world
- **Yoga Asana & Pranayama:**
 - Introduction to basic yoga poses for flexibility, strength & general health
 - Learn Yogic breathing techniques for respiratory health
- **Breathe Easy:**
 - Using the neti pot for for allergies and nasal congestion
- **Mind Work:**
 - Learn awareness and relaxation techniques to clear and calm the mind

SIEGER TRAINING CONSULTANTS (P) LIMITED

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DAY 2: Yoga on and off the Mat

- **Bringing it Together:**
 - Integrating yoga teachings on and off the mat in a themed yoga asana class
- **Yoga in the Work Space:**
 - Explore ways to relieve common work-related fatigue.
- **Harnessing the Power of Yoga:**
 - Connecting to the collective energy of Yoga
 - Cultivating the ability to trust and to let go of fear

Other Details:

- Payment to be made within 15 days from the date of the invoice.
- All payments must be made by cheque/online transfer etc., drawn in favour of Sieger Training Consultants Pvt. Ltd. Sieger will charge on INR basis only.
- Overseas clients will have to take care of all the training materials directly as briefed by Sieger Training. However, Sieger can procure some (which can be transited) not all, on behalf of the client but any additional charges for custom clearance has to be taken care by client only.
- Facilitators Travel & Food have to be taken care by the client
- Clients will have to arrange LCD, Speakers, Mike on their own.
- Cancellation of confirmed programmes shall be intimated one week in advance else 50% of the total charges shall be applicable.
- Client will recognize the intellectual property rights of Sieger Training and such materials are not to be copied without prior written approval of Sieger Training.
- Take all responsible steps to hold all Sieger Training copyrighted materials confidential to Client.
- Guarantee that no training will be conducted using Sieger Training concepts or material is carried out for employees of Client and Client shall not use Sieger Trainer's without the knowledge of Sieger Training Consultants (P) Limited.
- Ensure that any materials of Sieger Training supplied to internal employee(s) are retained by Client and or returned to Sieger Training in the event that the employee(s) ceases to be employed by the company;
- Ensure that no substantive modification of course design or content occurs without the prior written permission of Sieger Training, which shall not be withheld unreasonably;
- Treat this agreement as confidential and not divulge its contents to third parties;
- Inform Sieger Training of any internal procedures for the payment of invoices.

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