



Performing to New Heights

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Proposal Yoga

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SPAC 2015

Introductions



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Let's connect!

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Agenda

- Benefits of yoga
- Breathing
- Mindfulness
- Meditation
- Poses





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Benefits of yoga

- Reduced stress
- Sounder sleep
- Spiritual growth
- Sense of well-being
- Increased strength
- Greater flexibility
- Improved posture
- Better balance
- Slowed aging process
- Greater productivity
- And more!





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Yoga is more than poses

- Breathing
- Mindfulness
- Meditation
- Poses (Asanas)





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Breathing

- Vitality
- Productivity





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Mindfulness

- Awareness
- Acceptance





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Meditation

- Relaxed mind
- Relaxed body
- Focus!





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Proposal yoga

- Yoga poses adapted to the workplace
- Simple stress relief exercises through breathing, meditation and stretching
- No equipment needed, just an open mind





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Let's begin!





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Namaste!

