

Performing to New Heights

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Proposal Yoga

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Introductions

SPAC 2015



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Let's connect!

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Agenda

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





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!





Yoga is more than poses

- **SPAC 2015**
 - Breathing
 - Mindfulness
 - Meditation
 - Poses (Asanas)





Breathing

- Vitality
- Productivity





Mindfulness

- Awareness
- Acceptance





Meditation

- Relaxed mind
- Relaxed body
- Focus!





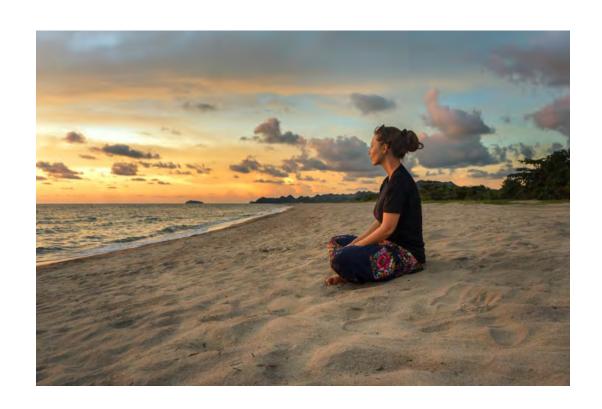
Proposal yoga

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





Let's begin!





Namaste!

