



# Yoga, a systemic approach

Includes Yogasana, Pranayama, Mudra, Yoga Nidra & Meditation



**Explore  
Yoga**

## Overview

Yoga is one of the most ancient yet scientifically verified disciplines that has tremendous applications in today's World. It is a 8 limbed system: includes techniques like postures, life force regulation, Yoga Nidra, Meditation etc., apart from lifestyle enhancement principles.

Yoga, when practiced as a system, enables and enhances physical health, emotional resilience, mental equilibrium, intellectual subtlety and spiritual intelligence.

## Program Outline

### Section 01: Yogasana (postures)

- Selection and practice of up to 12 postures
- Duration: 20 to 30 minutes
- Objective: Improve - spine health, digestion and energy

### Section 02: Pranayama (lifeforce regulation)

- Selection of up to 3 techniques
- Duration: 12 to 20 minutes
- Objective: Enhance focus, decongest mind and enable calmness

### Section 03: Yoga Nidra

- Conceptual understanding (5 minutes)
- Practice: 12 to 24 minutes
- Objective: Cultivate the ability to respond (then react) and consciously relax

### Section 04: Meditation / Mindfulness

- Conceptual understanding (5 minutes)
- Practice: 6 to 10 minutes
- Objective: Develop non-judgmental attitude and accelerated productivity

### Section 05: Daily Practice

- Ancient learning traditions mirror the "10,000 hour rule for mastery" project mentored by Anders Ericsson and popularized by James Clear in Atomic Habits.
- Our corporate clients are encouraged to recommend their employees / teams to take part in the free 27 minute daily practice module from 5:31 to 5:58 am IST that is on 22nd Jan 2024.