



**your health is now
our responsibility.**

**CORPORATE
YOGA**

fitindiaclub.com

While working in office or company, do you also feel-



Neck pain



Back pain



Headache



Stiffness in hands



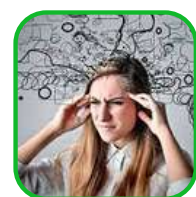
Eye irritation



Body tension



Mental stress



Restlessness.

If you are facing above problems, then, join Fit India Club.



Your work efficiency will improve if you Practise yoga 'योग: कर्मसु कौशलम्'. Yoga provides energy for your body and mind. Yoga removes insomnia, stress, fatigue, restlessness, and mental and physical stress.



Chair Yoga



Rapid Yoga

desktop yoga



desktop yoga



Pranayama



Meditation

Reducing stress, anxiety, and depression.
Improving focus and concentration.

BENEFIT OF YOGA

- *Improves flexibility of muscles.*
- *Corrects posture and alignment of the body.*
- *Provides better digestion system.*
- *Strengthens internal organs.*
- *Treats Asthma.*
- *Treats diabetes.*
- *Helps in treating heart related problems.*
- *Brightens the skin.*
- *Promotes strength and stamina.*
- *Improves concentration.*
- *Controls the mind and thoughts.*
- *Enables the mind to overcome anxiety, stress and depression.*
- *Helps in reducing stress.*
- *Helps in blood circulation and muscle relaxation.*
- *Maintains weight control.*
- *Provides protection from injury.*

PROFESSIONAL TEACHER



All of my teachers are highly educated, well-experienced and have sound theoretical and practical knowledge.

contact us



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