

SHRIYOG.LIFE

EVERYTHING THAT MATTERS

Shriyog Institute of
Iyengar Yoga

Pune, Maharashtra



LET'S TALK ABOUT SOMETHING SERIOUS

DISCUSSION FLOW

Who we are?

Posture matters!

Women's health

Yoga and Mindfulness

Stress management

What Shriyog offers?

Why partner with us?

Watch our documentary

Clients we served

Reach us

Meditate on This

**Yoga teaches us to cure what
need not be endured and endure
what cannot be cured.**

– B.K.S. IYENGAR

GET TO KNOW US

**WE ARE SHRIYOG
INSTITUTE OF IYENGAR YOGA**



[/shriyoginstitute](#)



[@shriyog.institute.pune](#)

Shriyog institute is a reputed name in the field of Yoga, Wellness & Ayurveda with **25 years of experience**

Two decades experience in consultancy, talks, classes, programs and retreats for corporations and institutions.

Our current team comprises of a total **25 trainers**, coaches & teachers.

www.shriyog.life



FOUNDED BY

Shriyog is headed by **Smt. Rajeshree Tupe**, a senior certified Iyengar yoga teacher and lifestyle management expert.

We Pioneer in Yoga therapy for injuries, organic diseases & lifestyle related disorders.



WHERE ARE WE

Currently we have **2 centres in Pune - Magarpatta and Wanowrie** offering virtual and on-site services across the globe.

Under the Aegis of Shriyog, we also run **RAJANI YOG FOUNDATION**, a section 80G company, to conduct **CSR activities in the field of Yoga, Wellness & Ayurveda.**

WHY POSTURE MATTERS?

POSTURE, GOOD OR BAD?

Your bad posture in a way, is the root of all the major problems that your body might go through.

WHY IT'S IMPORTANT?

Good posture allows your spine to be as aligned and balanced as possible. Properly stacked bones, muscles, and ligaments function smoothly and with minimal effort when you walk/run, workout, turn, or dance.

POSTURE ISN'T A POSITION

Rather its the sum of those parts, more than “just” a collection of stabilizing your reflexes — it is the way you live, the shape of your flexible “container,” a physical manifestation of your comfort zone.



53%

PEOPLE EXPERIENCE
SHOULDER AND NECK
PAIN IN THEIR
REGULAR LIFESTYLE

63%

PEOPLE GENERALLY
EXPERIENCE LOWER
BACK PAIN IN THEIR
REGULAR LIFESTYLE



ANCIENT PRACTICE

FOR BACK PAIN IN YOGA

This classic yoga pose is a great total body stretch that targets back extensors: the large muscles that help form your lower back, support your spine, and help you stand and lift objects.

**Women's health needs to be
front and center - it often
isn't, but it needs to be.**

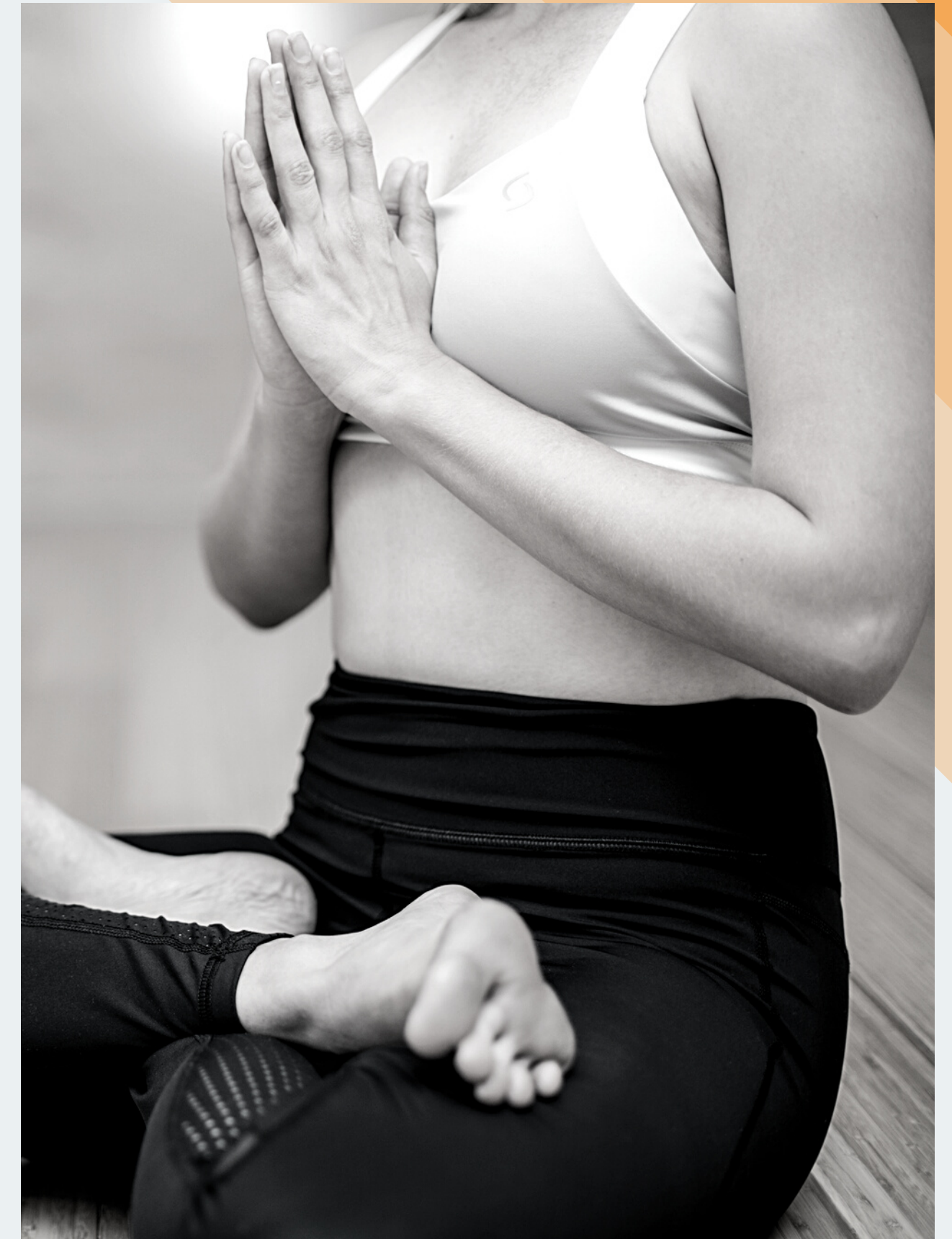
– CYNTHIA NIXON

WOMEN'S HEALTH

THE HEALTH GAP WE NEED TO FIX

We've come a long way when it comes to healthcare, but women are still more likely to put their health on the back burner-in order to put others first.

Quoting Dr. Geeta Iyengar "Nature has endowed a woman with the responsibility of perpetuating mankind. The wealth of a nation and health of the future generation depend upon her physical and mental well being. A woman's physical body, changing physiological functions and emotional states can immensely benefit from the practise of yoga and pranayama".





FOR WOMEN

Biological and other gender differences make women more susceptible than men to common diseases. For example, women's heart attacks often present with different symptoms and 72% of all Alzheimer's cases are women.

These are the long term effects of an unhealthy up lifestyle where they don't get enough time to work on their stress levels and lower down anxiety rates.

We at Shriyog, with the help of our **specifically designed, women-centric workshops and programmes**, help you to live a better and healthier lifestyle

**Mindfulness means being
awake. It means knowing
what you are doing.**

– JON KABAT-ZINN

Yoga Helps You Being Mindful

STRESS REDUCTION

Mind-body practice that combines physical poses, controlled breathing and meditation or relaxation that help reduce stress, lower blood pressure and lower your heart rate. Almost anyone can do it.

ANXIETY CONTROL

Asanas work to stretch, lengthen and balance the muscles. These postures can assist in releasing built-up muscle tension and stiffness throughout the body, reducing anxiety.

INCREASED FOCUS

We can liberate ourselves from the mundane and strengthen our ability to concentrate. Yoga works to relax the mind and body so we can think more clearly and increase our ability to concentrate.

ADDICTION CONTROL

Yoga teaches you to draw your awareness away from these external stimuli, detach from your senses, and direct your attention inwards. It enables you to build a connection to your inner world and reduce addiction.

SIMPLE THINGS

TO MAKE YOUR
YOGA SESSIONS
MORE EFFECTIVE

CHOOSE WHATEVER TIME OF
THE DAY SUITS YOU

FIND A QUIET, CONDUCIVE
PLACE WITHOUT ANY OUTSIDE
DISTURBANCE & NOISE

SIT COMFORTABLY, BREATHE
AND **START YOUR JOURNEY
INWARDS**

DECREASE YOUR STRESS WITH YOGA

WHY MANAGING YOUR STRESS IS IMPORTANT?

Studies quoted that stress-related disorders evolve gradually through four recognizable stages.

First, psychological changes such as anxiety, irritability and insomnia arise, due to over-stimulation of the sympathetic nervous system.

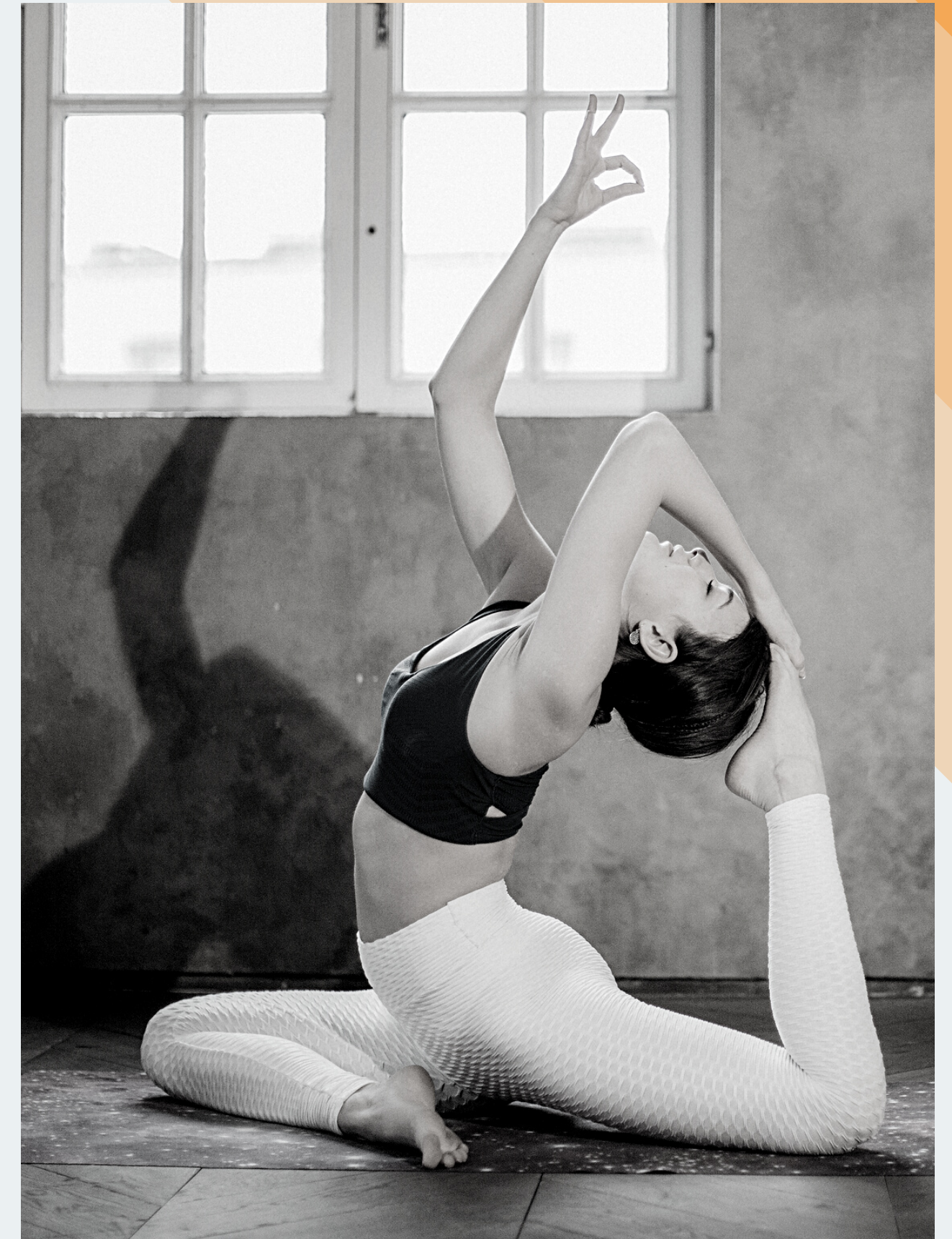
In the **second stage**, symptoms such as high blood pressure, elevated heart rate and increased intestinal motility surface.

In the **third stage**, a more profound physical or biochemical imbalance sets in, while - in the **final fourth stage**, irreversible symptoms that often require surgical or long-term management appear.

HOW YOGA HELPS

IN STRESS MANAGEMENT

- BALANCED UNION OF MIND, BODY AND SOUL
- IMPROVED SLEEP
- IMPROVED ENERGY
- DEEP MENTAL RELAXATION STATE
- INCREASED FOCUS & CONCENTRATION
- POSITIVE VIBES, THOUGHT & INNER HEALING
- MORE PRODUCTIVITY



WHAT SHRIYOG OFFERS?

Highly qualified coaches and teachers for Iyengar Yoga, fitness and nutrition.

Virtual & on-site programs tailored for weight loss, rejuvenation, posture correction, spinal health, injury and stress management.

Off-site retreats and wellness programs.

Virtual ongoing education and interactive workshops in Yoga, health, nutrition, lifestyle and stress management.

Women-centric programs for teens, women, pre & post natal.

Yoga practice for frequent flyers who travel across time zones.

Specialized workshops for lifestyle related disorders like diabetes, thyroid, obesity, anxiety and hypertension.

WHY PARTNER WITH US?



Healthier and happier employees.

Higher productivity and less absent days due to better health.

Manage work-life balance better.

Lesser injuries due to posture corrections– Ergonomics.

Every session is a challenge to your brain to learn new and novel things. This develops better hand & eye coordination.

Create brain healthy workspace where good communication and habits will add value to overall performance.

One place access for physical, physiological and psychological health of employees.

Access to special consultancy if needed.

We work hand in hand to meet the goals and vision of the organisation.

Low cost monthly and annual packages.

Sessions can be conducted virtually for maximum participation across the globe.

www.shriyog.life



SHRIYOG
INSTITUTE OF IYENGAR YOGA
the journey inwards..



WATCH OUR DOCUMENTARY

[CLICK HERE](#) OR PLAY ICON TO WATCH IT ON YOUTUBE.

OUR CLIENTS

WE ARE PROUD
TO WORK WITH

RISE N SHINE BIOTECH
BAJAJ AUTO
FORBES MARSHALL
DY PATIL UNIVERSITY
MINDTREE
MPHASIS
AUTODESK
and more..

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WE WILL BE HAPPY
TO SERVE YOU.

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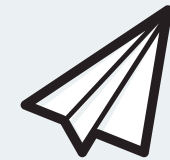
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WE WISH YOU GREAT HEALTH, **THANK YOU FOR READING.**

Health is a state of complete harmony of the body, mind, and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.

- B.K.S IYENGAR

THE  **END** *Beginning*

Follow the hastag
#thejourneyinwards