

Yoga *se* Hoga



Tata Memorial Centre Advanced Centre
for Treatment, Research and Education in
Cancer

Date

June 21 – 27, 2021



beating stress together

Gaurav Kumar (Sr. Corporate Consultant)

Gaurav has more than 10 years of experience in learning and conducting Corporate workshops for different kinds like Desktop Yoga, Rapid Yoga, Chair Yoga, Meditation & Stress Management, Mindfulness Sessions, Power Yoga, Traditional & Weight Management and Yogic Diet Management.

Yoga has been a part of his life from childhood. He lost his family members and for him it was early realization that this is the best method to make body & mind balanced . He sees yoga is for all and anybody can come out any problem with consistency & channelize emotions. He also thinks since most of us are householders with many responsibilities so practices should be handy. Breathing is the key.

QUALIFICATIONS:

1. Certified L3 Yoga teacher & evaluator by Ministry of Ayush, Government of India. 2021
2. Higher degree – 900 hours Advance Yoga Teacher + Yoga Alliance USA certified teacher from The Yoga Institute, Nov 2020- Feb 2021 (RYT/RYS 500).
3. Completed yoga certification from Morarji Desai National institute of Yoga, 2010.
4. Two years PG diploma course in performing arts – Shri Ram Centre, Delhi- 2011
5. Graduation in Arts- University of Delhi, 2009.

AWARDS AND RECOGNITIONS:

- Facilitated live yoga activities for 1000+ participants.
- Performed for 600+audience and in national & international theatre festivals.
- Bronze medal in judo at university level games.
- Awarded for 5 years flawless project work in corporate.



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Day	Program	Details
June 21 (Can be done on Chair or Standing) 7:00 – 8:15 pm	Health Awareness & Motivation	Introduction to Yoga
	Health & Lifestyle	Understanding components of Health, check your health in 10 seconds, Integration of health in lifestyle
	Ergonomics & Chair Yoga	Exercises for eyes, neck, shoulders and back sitting on chair
	One Minute to Fitness	Learning short exercises of 1-5 minutes for good health
	Laughter	To increase immunity, reduce stress, weight loss
June 22 (Require Yoga Mat) 7:00 – 8:00 pm	Avoiding and handling Cervical Spondylosis	Exercises for neck shoulders and upper back
	Back Pain	Exercises for lower back pain, increasing flexibility & strength of back
	Breathing	Importance of breathing in Yoga, correct way of breathing
June 23 (Require Yoga Mat) 7:00 – 8:00 pm	Stomach Ailments	Therapeutic Asanas to control and avoid constipation, indigestion & gastric issues
	Reducing Tummy	Asanas for reduction of tummy fat

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Day	Program	Details
June 24 (Require Yoga Mat) 7:00 – 8:00 pm	Surya Namaskar	Introduction Precautions and correct procedure
	Bandhas	Introduction to different Bandhas like Uddyan, Jalandhar and Mool
	Pranayam	Understanding Pranayam – technique and procedure
June 25 (Require Yoga Mat) 7:00 – 8:00 pm	Stress management	Understanding stress and reasons
	Relaxation	Learning simple techniques of meditation
	Yoga Nidra	Yogic sleep, a state of conscious deep sleep for extreme relaxation
June 26 (Require Yoga Mat) 7:00 – 8:00 pm	Weight Loss	Understand reasons for gain and how to lose it by simple principles, integrating weight loss activities in daily life
	Practice	Practice weight loss exercises with emphasis on breathing & cardio exercises
	Diet Management	Diet according to Ancient Principles (Satvik, Rajsik and Tamsik)
June 27 (Require Yoga Mat) 7:00 – 8:00 pm	Laughter Yoga	Practice different laughter, benefits of laughter
	Revise	Briefly revise all exercises
	Follow Up	Conclusion (continuing practice)
	Open discussion	



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General Instructions:

- Participants are advised to wear loose, comfortable clothing for session.
- We recommend to stay empty stomach (no eating) 2 ½ to 3 hours prior to sessions.
- Participants with physical or health complications should seek medical advice before beginning the sessions.
- Yoga is safe and beneficial but like any other health program it needs to be practiced judiciously, correctly and cautiously.

Join Zoom Meeting

<https://zoom.us/j/96801937716?pwd=Y2VXMkpHZG5kYmVWYjVvNTVrOHJsUT09>

Meeting ID: 968 0193 7716; Passcode: 921216