



LAYA YOGA
Rhythm to union

Corporate yoga: Sample programs

Sample program 1: 8-day wellness program for a large government authority

Date	Time	Class Name	Brief Description	Class pre-requisites
Day 1	8:00 AM	Reboot, Reenergise, Refresh	Chair Yoga (practice even when @ work)	Non-slippery surface, a chair without wheels, and a blanket.
Day 2	5:00 PM	Coming out of Hibernation	Relaxation for the spring season	Mat, cushions, and blankets.
Day 3	11:30 AM	Neck, Shoulder & Back Release	Release, lengthen and strengthen your neck and shoulder muscles	Wall, a mat, and a thick hardcover
Day 4	9:30 AM	Your Breath, Your Healing	Breath-work and relaxation	Mat, cushions, and blankets.
Day 5	5:00 PM	Guard Yourself	Immunity boosting practice	Just a mat
Day 6	8:30 AM	Sunrise, Wake Up and Flow	Morning movement that sets the rhythm for your day.	Just a mat and comfortable clothing
Day 7	11:00 AM	Pause, Reset and Reflect	Sometimes it is difficult to sit and meditate, let's have a taste of moving meditation.	Mat, cushion and a strap/scarf or belt
Day 8	3:00 PM	Midday, Pick Up	Let this pause from work, lift our spirits up for this midday, juicy yoga practice.	Mat, cushions, blanket and a strap/scarf or belt



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Sample Program 2: Senior leaders from a big financial services company

Let's understand what meditation means (dhyana yoga), etymologically this word comes from root word 'med' which means 'to attend to'. This is simple and something we all have experienced time to time in some form. Let all the feelings of creating something very special to dissolve and connect to the state of being. Focusing on breath and sensations. Simply sit and notice what you notice letting go of all desires to change or modify something.

Breathing practices

Anytime breath (before presentation or stressful confrontation)

- Start observing flow of breath and notice the flow in the moment without trying to change for around 10-15 breaths
- Inhale for 4-6 counts and exhale for same count. Let there be softness and ease in your breath. Steer away from any kind of push or force. Soft breath in and soft breath out.
- Practice for about 5-10 mins or how much ever time you have.

End of day breath

- Start observing flow of breath and notice the flow in the moment without trying to change for around 10-15 breaths
- Inhale for 4-6 counts and exhale for double counts. Soft and gentle breath.
- If your practice permits pause after you exhale with ease and comfort.
- Practice as long as it feels appropriate.

Early morning or mid-day breath

- Start observing flow of breath and notice the flow in the moment without trying to change for around 10-15 breaths
- Forceful exhalation through the mouth, inhalation automatically happens. Using abdominal muscles for exhalation.
- Around 20 breath in one cycle. Pause to be with your sensations for about 15 breaths and repeat two more times.



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Chair stretches

- Sitting comfortably on chair. Starting to gently activate legs and connecting to the length in your spine.
- Twisting side to side using abdominal muscles.
- Pressing palms on sides of chair and trying to lift bottom off the chair few times.
- Widen knees, lift feet off the floor 3 times and then sit back with feet on floor - now lift your bottom off the chair 3 times.
- Chair lunge - arm circles and arm lift
- Figure 4 stretch- right foot over left thigh and change.

Mat awareness

- Cat cows
- Knee lifts on all fours
- Lifting opposite arm and leg
- Child's pose
- Plank-cobra-downward facing dog
- Twist
- Bananasana

- *End of Laya Yoga Corporate Sample Programs* -