



VaYU Shakti

Explore the inner 'YOU'



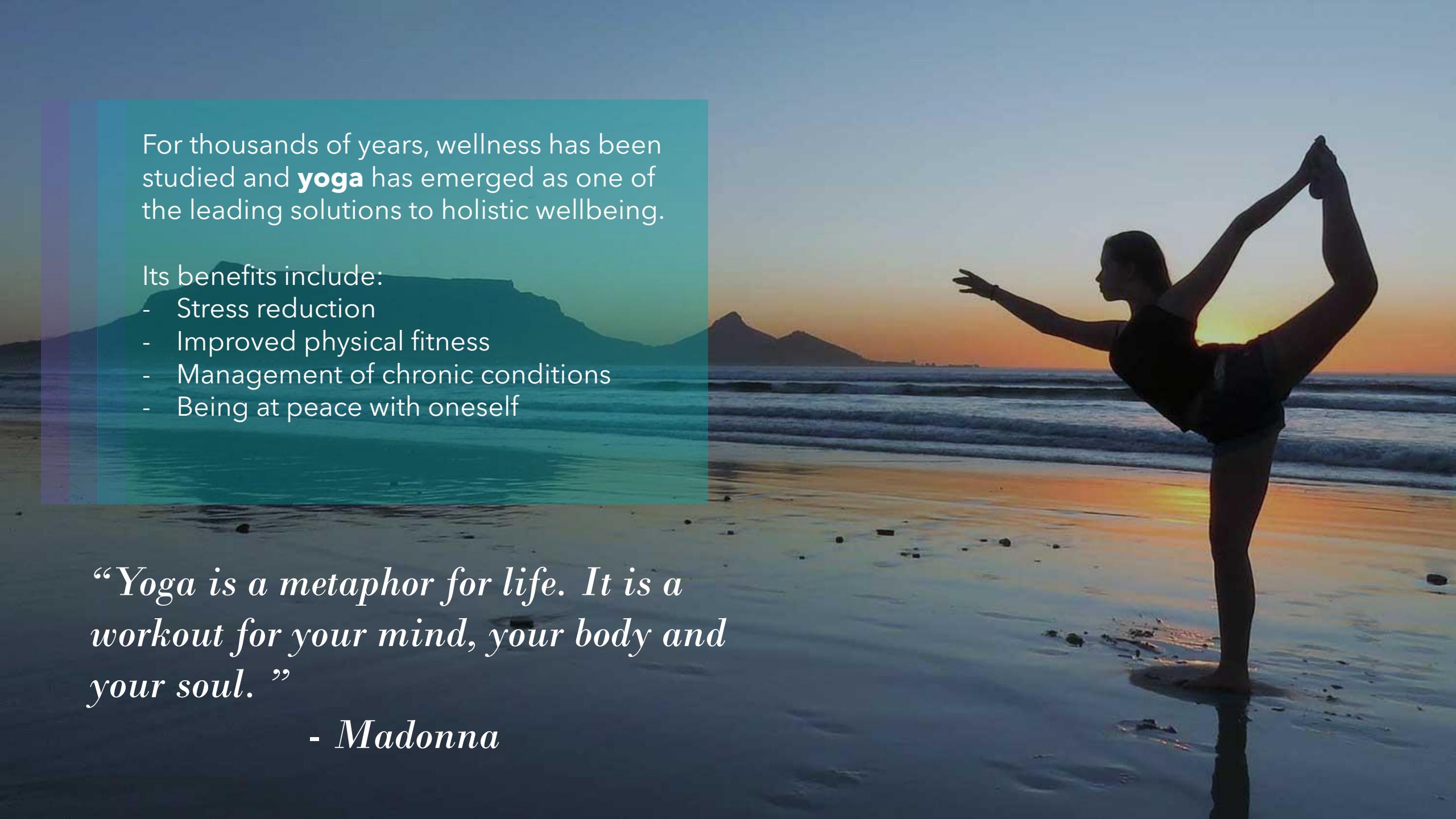


“The greatest wealth is health”

- Virgil

For one to be healthy, it is imperative that one operates on optimum levels, not only physically but also mentally, emotionally, spiritually and socially.

Context



For thousands of years, wellness has been studied and **yoga** has emerged as one of the leading solutions to holistic wellbeing.

Its benefits include:

- Stress reduction
- Improved physical fitness
- Management of chronic conditions
- Being at peace with oneself

“Yoga is a metaphor for life. It is a workout for your mind, your body and your soul.”

- Madonna



We are VaYU Shakti

A company dedicated to keeping you happy and healthy through authentic yoga, backed by scientific research and evidence-based practices. With our guided expertise, we enable you on your journey to unlock your ultimate potential.

We offer solutions that will help you:

- Energize your body and mind naturally
- Build on your strengths
- Focus your mind
- Live in harmony with the environment

Mission



Improved and sustainable quality of life



Physical, mental, spiritual, emotional and social wellness



Improved mental health



Wellness transformations



Staying happy and healthy



We offer

Enjoy integrated wellness solutions customized to strengthen your mind, body and soul.

Our solutions include:

- **Ashtanga Yoga**

An 8-part system consisting of regulated breathing, mindfulness, meditation, sensory control, physical exercise, focus, personal and civic practices, and more

- **Nutrition**

Personalized guidelines for nutrition and food habits to steer you towards a better you

- **Coaching**

A stellar group of experts from various disciplines of wellness to guide you through this journey by drawing on their own personal experiences

Solutions



Corporate Energizer

Our programs are designed to help executives transform physically and mentally with problems that could impact them at their work place.

These solutions help them become better performers and gain confidence at all times.

Mind health

Our programs are designed to help consumers deal with feelings of anxiousness, isolation, lack of confidence and any other mental block that can impact their lives.

Each protocol is customized to enhance their mental wellbeing and allow them to explore their inner self.

Elder Care

We encourage seniors to begin a new chapter in their lives.

We offer customized programs, featuring yoga, nutrition, and coaching that enable them to lead a healthy lifestyle. These programs can enhance their quality of living and manage chronic ailments in an effective manner.



Corporate Energizer

For an organization to be successful, its workforce needs to be at the best of health.

We offer informative and innovative programs that increase morale in the workplace while maintaining balance of mind and body. Through the program, we help increase the wellbeing of the employee to promote optimal health, productivity and teamwork.

With us, you can:

- Sharpen your focus
- Increase concentration
- Achieve peak performance

When the employee grows, the company grows.



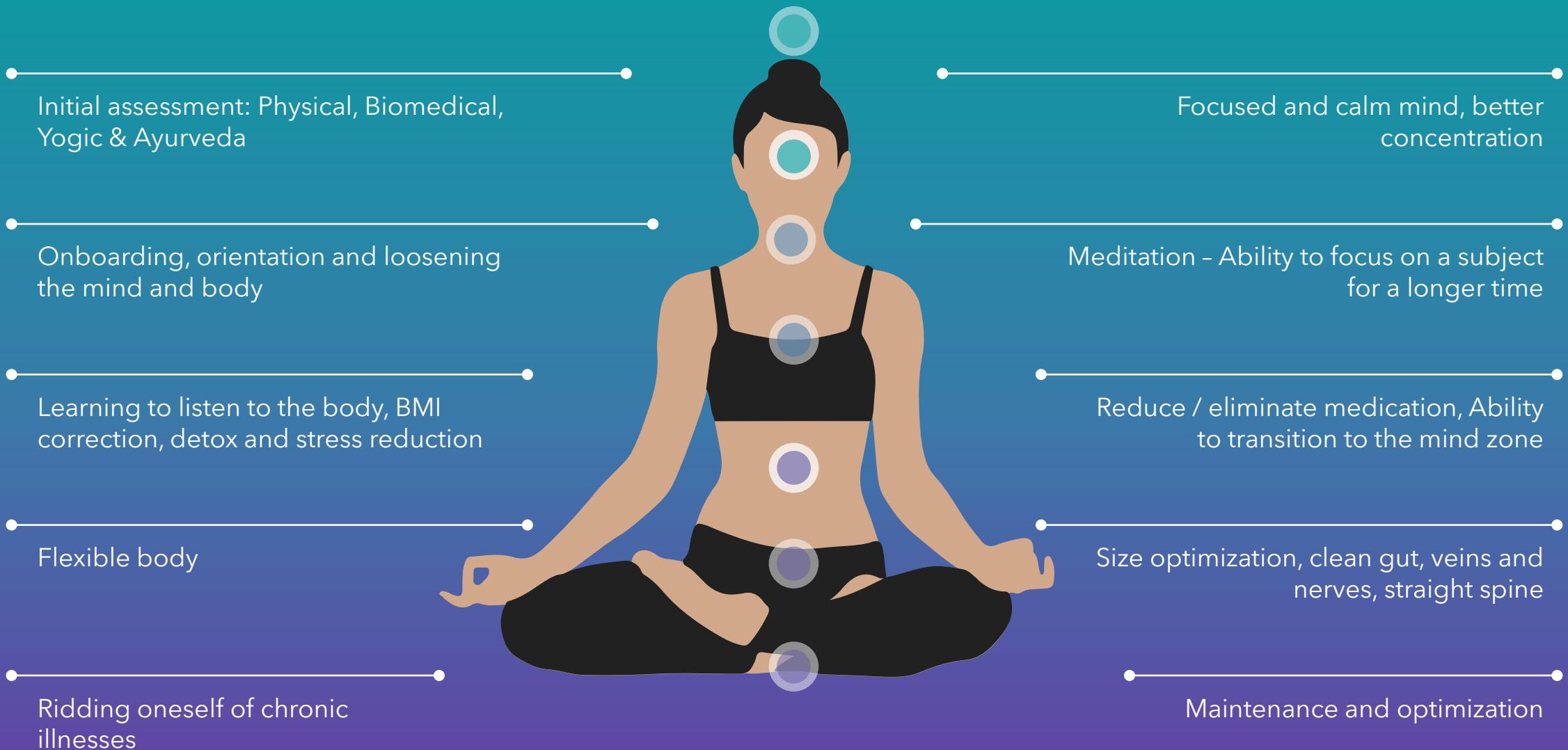
Mind Health

Yoga is more than just physical exercise. It is a scientific discipline of awakening the body's intelligence and removing stress and tension at its source.

At VaYU Shakti, we focus on the overall wellbeing of the individual. So a healthy mind is as important as being physically fit.

Our solutions feature simple, safe, and practical techniques that quickly reduce tension and stress at any time and place. These include solutions for problems like:

- Anxiety
- Depression
- Suicidal tendencies



Benefits

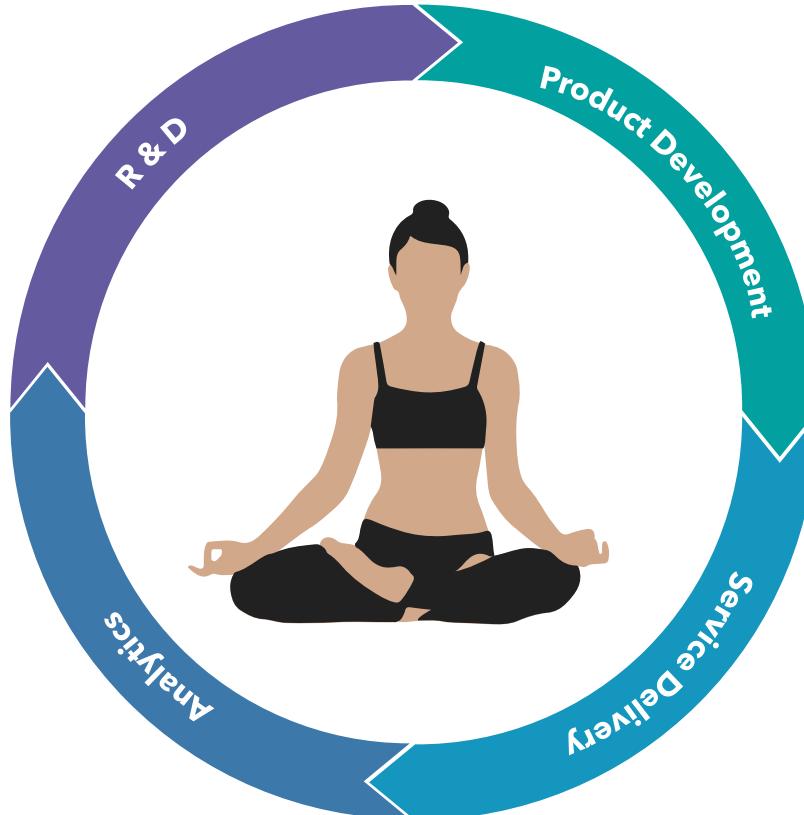
Service model

R & D

- Research on scripts
- Validate with scientific evidence
- Create protocols
- Clinical trials
- Conferences, publications

Analytics

- Understand the base nature of a person - allopathy and yoga
- Understand desires
- Craft dynamic roadmap
- Micro monitor through wearables
- Evaluation every 48 days
- Fine tune for best results



Product Development

- Engineer the basic science to consumable products
- Add technology
- Create apps
- Continuous development for effectiveness

Service Delivery

- VaYU / SVYASA / IAYT / Other qualified coaches
- VaYU Shakti orientation
- Client service- yoga and nutrition



Let's connect



<https://vayushakti.yoga>



info@vayushakti.yoga