

THE ANCIENT ART OF STRESS MANAGEMENT & ALPHA THINKING THE POWER OF CREATIVE MIND

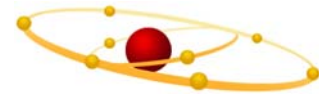


“The Art, Science, and Technology of Self-Power”

PROGRAMME OVERVIEW

Yoga means by cultivating attitudes of friendliness towards the happy, compassion for the unhappy, delight in the virtuous, and disregard toward the wicked, the mind stuff retains its undisturbed calmness.

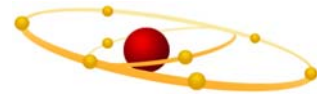
The Yoga Sutras of Patanjali Book One Verse 33



This programme is designed to deliver clear understanding of complex issues through interactive exercises and discussions. The programme values the expertise of the delegates and uses this input to add a 'Real World' understanding to the subject matter. Exercises will be used to provide first hand examples of the issues addressed and also to practice the skills and knowledge acquired during this programme.

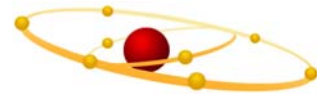
Facilitator will equip you with a range of specialist stress-management skills that will enable you to ensure increased performance and competitive advantage. The programme will guide you to the bottom of the problem and help your subordinates to develop new strategies to get clear of stress.

Facilitator will help you to un-lock human potential – so that your organisation's profits soar, productivity increases, and market share enhanced and your life given a boost! This programme aims to provide a relaxed and enjoyable interactive session, enabling all delegates to feel at ease, and able to contribute freely.



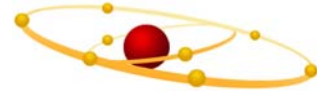
PROGRAMME OBJECTIVES

- ☑ Recognise and neutralising 7 major stress
 - ✓ Stress to others
 - ✓ Stress from others
 - ✓ Stress by physiological
 - ✓ Stress by Food
 - ✓ Stress by psychological
 - ✓ Stress by materialistic
 - ✓ Stress by self
- ☑ Resume natural attitude of human
 - ✓ 4 great attribute of heart centre
 - ✓ 9 secret of un-conditional love
 - ✓ Self-acceptance and confidence
 - ✓ Self-direction and commitment
 - ✓ Tolerance for frustration and discomfort
 - ✓ Risk by choice on own choosing
- ☑ Leading calmness and healthiest life
 - ✓ Moderation
 - ✓ Emotional and behavioural responsibility
 - ✓ Acceptance of reality
 - ✓ Managing long-term stress and burnout
 - ✓ Manage challenging work situations with greater calmness and clarity of mind
 - ✓ Dramatically reduce stress with simple techniques that can be done in just a few moments
 - ✓ Achieve significant relief from chronic pain
 - ✓ Enhance your personal productivity
 - ✓ More focus to your goal, to achieve results more quickly and effectively
 - ✓ Understand and communicate more effectively with difficult co-workers



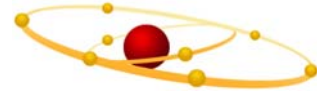
PROGRAMME OUTLINE

- What is stress and what drives it?
- ABC of stress by Psychologist Albert Ellis
- What happen to brain and hormones?
- Chain cycle of normal stress and it's prolong health issue and higher stress due to biological effect
- Cogitate creative and innovative solutions to ongoing stress problems
- How to replacing irrational thinking with rational thoughts
- Discover the secrets of today's most successful leaders in handling stress
- Create an action-oriented approach to stress management (achievable by every individual)
- Scientific research on benefits of relaxation and yoga meditation in managing stress
- Simple Ayurveda approach to treating stress by food
- What is 'Tulsi' leaf and what scientist doing with it?
- How yoga meditation is best tool for stress free life?
- Relaxing and yoga meditation in nurturing calmness
- Proven techniques in managing stress which provide instant and ever lasting corporate results
- Develop situational awareness
- Enhancing emotional control
- Dealing with negative and insecure thinking
- Benefit from best practices and stress management insights from world-class organisations
- Practical session of yoga, breathing techniques, and meditation



DIRECT IMPACT IN BUSINESS

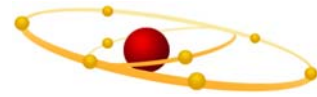
- ☑ Empower your organisation
- ☑ Evaluating contribution of individuals
- ☑ Shape the strategic agenda of your organisation
- ☑ Create a flexible organisation
- ☑ Solve business challenges
- ☑ Retain employees
- ☑ Create a talent attraction centre
- ☑ Prepare individuals at each level within the organisation
- ☑ Incorporate new members into the group
- ☑ Develop highly effective leaders
- ☑ Build teams faster and better
- ☑ Inspire team members to achieve more
- ☑ Strengthen personal and professional relationships within the team
- ☑ Heighten self-awareness, build confidence, develop self-esteem
- ☑ Create a shared vision among management teams and more



PARTICIPANTS BENEFITS

We have experience our student whom with health problem recovered very well:

- Some injecting insulin for Diabetics has dropped and even totally stops injecting insulin
- High / Low Blood Pressure recovers and leads life without medicine
- Asthma, Arthritis, Skin Disease, Eye & Ear, Menstrual (Period) Non-Constant, Back & Neck Pain, Continues Dizzy, Tired, Over / Lower Weight Management is automated, Body Shape, Face Pale & Pimples, Constipation, Muscles Pain, Low Stamina, Joint Pain, Gouts, Piles problem, TB, Urine Infections, CAD (Heart Disease), Breast / other Cancer, Gastric, problems cease away
- Thyroid problems, Spondylosis, Migraine, Sinuses, Obesity, Chest Pain, Sex Deficiency, Rheumatoid, Vericose, after operation recovered and many more health recovering
- Smoker drop habits and body smell disappear



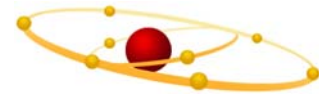
PROGRAMME METHODOLOGY

The method employed is on experiential and accelerated principles. It is highly interactive and through various means:

- Interactive Lectures Facilitations
- Latest and Advance Medical Case Study on Stress and Yoga
- Syndicate Works
- Group Discussions
- Self-Transformation Games
- Individual Reflections
- Video Presentations

WHO SHOULD ATTEND

This programme is suitable for all level of employees from various business units and departments.



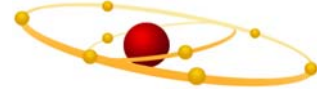
FACILITATOR

Elanggovan Thanggavilo holds a Diploma in Human Physiology and Yoga Natural Living from MPYTC Yoga Institute, recognise by United Nation, UNESCO Club. In the past, he has held key position in various Technology MNC including as a CSA in iSPEETS (Malaysia and UK). This highest position in design and developing large software made him a man of multi industry domain expert.

He was a Professional Yoga and Meditation Trainer in country like United Kingdom, India, Australia, Singapore, Cambodia, Indonesia, Brunei, and Thailand. Among Malaysian corporate that have highly benefited from his seminars, workshop, camp related to stress management, and intelligent growth via Yoga Meditation including Philips Internation, Telekom Malaysia Berhad, AEON Co. (M) Bhd, Carrefour Malaysia, IBM (Malaysia, Singapore, USA, Indonesia, Australia, India), Malaysian National News Agency (BERNAMA), National Higher Education Fund Corporation (PTPTN), KL Airport Service Sdn Bhd, Silverlake System Sdn Bhd, Sri Kota Specialist Medical Centre, One World Hotel, MIM-IMS, and Tamil Foundation.

Profound insights in human aspects in the field of stress management coupled with his practical realism about solutions have made him one of the most sought-after speakers in this field. With his vibrant personality and unique flamboyance for establishing rapport with any audience, he handles sensitive issues with utmost respect, empathy, and understanding born of experiences; encouraging that crucial two-way dialogue that brings about positive change in people's lives.

Besides conducting trainings throughout the world he also writes articles, books, journals, and was interviewed by BERNAMA, RTM 2, and ASTRO on "Art of Ancient Yoga Makes Corporate Moves". His unique invention of Corporate Yoga Meditation and discover many esoteric "secrets" and learn practical techniques for living life more fully in calmness mode and with greater productivity.



PROGRAMME DURATION

Three (3) days

NOTES

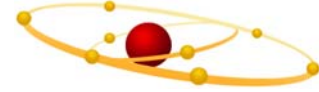
Notes provided free with step by step practicing and yoga posture photos.

CUSTOMISED THEORY LEVELS BETWEEN STRESS & ALPHA MIND

Base on organisation request percentage more theory can be fluctuate between Stress and Alpha Mind.

INVESTMENT

Venue	: To be arranged by Client or Ancient Yoga Consulting
No. of Participant	: Up to 30 participants
Professional Fee	: RM10,500 (RM3,500 / day)
Payment Method	: Cross cheque made payable to Ancient Yoga Consulting. 50% on confirmation and 50% within fourteen (14) days after the completion of the training programme.



OPTIONAL TRAINING CAN BE 1 DAY, 2 DAYS OR FULL 3 DAYS

All training will be with theory & practical.

SUBJECT	1 DAY	2 DAYS	3 DAYS
WARM UP & BODY STRETCHING	Complete	Complete	Complete
EYE EXERCISE	3 types	5 types	6 types
YOGA ASANA (Pose)	20-25	25-35	35-45
PRANAYAMA (Breathing Techniques)	2	3	5
MUDRA (Symbols)	2	3	5
MEDITATION	1	2	3
THEORY, VIDEO, GROUP ACTIVITY, CASE STUDY	Accordingly in full	Accordingly in full	Accordingly in full
ALPHA THINKING & THE POWER OF CREATING MIND. (Mainly embedding the VISION & MISSION of your Organisation)	Complete	Complete	Complete
PRACTICAL REVISE WITHOUT THEORY (Q&A and Repeat)	1 Time	2 Times	3 Times

This is estimate and training module can and will be customised minor level according level of participants and their practical participation.