

Corporate Yoga for Stress Management & Intelligent Growth

The Truth is Only One
Shanmugam Thangavilo

Yoga & Meditation allow you understand and distinguish between stress and tension, Between "reaction" and "response" as well detach negative energy.

Elanggovan Thangavilo

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Ancient Yoga Consulting was founded by Elanggovan and his sibling Selvajoti, Shanmugam, Guhasakthy and Vimala on 29th August 2007 which is also birthday of two founder Guhasakthy & Elanggovan and the day of Cyberjaya & Putrajaya launching and land breaking in the year 1995.

After 10 years of deep research and development in Yoga, Meditation, Breathing Techniques we have compiled a detail 100% pure essence of Ancient Knowledge truth as it is in scientific point of view.

Research means presenting the most oldest and powerful knowledge matching the current modern acceptance from biological, bio-metric, power of sound, physic, chemical till all math's formulas in most simpler method.

Yoga branches into many yet the core is Hatha Yoga (Body Posture Yoga). There are a total of 840,000 types yoga posture, more than 43 types of Mudras, 16 types of Breathing Techniques, 15 over meditation methods but we have identify the core which can produce 100% success rate for Corporate.

Why our methodology is produce 100% success because we work on **course/root** unlike many others just touching surface of **effect**.

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

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1. ABOUT YOGA

Yoga works on the Central Nervous System, which is the only part of the body you are born and die with, that does not regenerate itself. The CNS regulates your emotional and physical response to your world. Whilst you cannot control what happens to you, you can control your reactions. Yoga teaches the body to return to balance and allow the mind to choose calm over stress. This has amazing effects on health. 60% of common physical ailments are stress induced, from aches and pains to the common cold, to cancers. Choose life, give your body and mind the greatest gift of health - do yoga!!

A fusion of various traditions, soft yet dynamic yoga tones the body, boosts the immune system and calms the mind. Most importantly, it unlocks your inner happiness, leaving you feeling light, energized and delighted with life.

Everyone gets stressed once in a while and whilst there is good stress that motivates, there is also stress that depletes your vitality.

1. In the first session, we examine posture for an indication of where you hold stress in your body. It will help you realign your spine and re-balance the body. Improving your physical state, improves your mental state.
2. Looks at the emotional response. How do you know you are stressed? Recognizing the emotional catalyst and the feelings surrounding the response will help put you in control. You will learn very powerful breathing and relaxation techniques.
3. We teach you to quieting the nagging in your mind. This session is about your own internal commentary. Remember, we cannot control what happens to us, but we can control our response.
4. We look at practical solutions to your specific needs: what you want, how to get there and work out a stress busting plan to keep you happy and healthy.

Most a situation query by potential yoga participant are if I learn yoga then I have to say or wish my religious contradictory mantras, god name, words (vocal vibration), seeing the image & statue, learning history which not related to my culture and many more related doubt. It's from Meditation & Yoga born other Indian cultural. This ancient knowledge born at edge of non-religious millennium which was they called as 'Dharma' Millennium which means Compassionate & Sharing of Knowledge Millennium. In this edge the original knowledge appear in the form of pure science, biological and universal and no theoretical comparison. Anything can be managed & measure means science. These reveal from highest state of consciousness with Un-Conditional Love 'Dharma / Anbu'. In this new era everyone will understand direct actual scientific fact rather than imposing un-necessary belief system. We Ancient Yoga Consulting take you to the very original pure scientific knowledge.

For first time in Malaysia Ancient Yoga Consulting have been structure by eliminating the non-confirming info which is not the scientific fact of original Yoga from Indian Ancient Knowledge without compromising detail briefing real essence to participants.

Modern scientists measure the Aura as a electromagnetic field around living creatures. Through modern technology, given everyone the ability to see Auras! The reading is actual indication of thinking arise & state of mind from brain for individuals. Most crystal or stone sales showroom does offer Aura Photo services in Malaysia.

If you denied yoga and meditation then you also denying aura from living scripture specifically radiance of frequency from chakra of human body then in other words you are denying Computer, Wireless Networking, Microsoft Windows XP and Biometric Authentication Device (finger print security products).



2. WHAT WE REALLY DO?

Deep Breathing

The yoga postures and deep breathing help raise the level of oxygen in the blood, stimulate blood flow, and improve the delivery of nutrients to the cells. This is particularly important when a body has been dealing with stress. The deep belly breathing that accompanies the postures helps to turn off the flight or fight response and also helps to focus the mind on the body and the breath, not on the things that are stressful in our lives.

Stretching and Balance

Yoga also emphasizes stretching and balance. By moving the body in a series of postures, we can stretch muscles and keep our joints supple. We can also tense and relax muscles as we move from postures that collapse the spine inward (as when we bend over and grab our ankles) to postures that curve the spine in the opposite direction (as when we do a salute with hands over our heads and we arch the back). These flexing and collapsing motions lubricate the spine and also help to stretch and tense muscles and then relax them. This kind of stretching not only relaxes us but helps promote flexibility and can help prevent injuries when we do other physical activities. In addition, balance postures such as the Tree and the Table strengthen our muscles and help us fine tune our balance on both sides of our bodies.

Body Awareness

The body awareness that yoga stresses also can help us develop poise and self esteem. This is the grace and self assurance in physical movement that trained dancers experience. It is also similar, on one level, to what martial arts practitioners develop. The awareness of one's body in space and in relation to others is a skill that martial artists try to achieve. They desire to be ready at any moment to handle any attacker, should one present himself. Though yoga practitioners don't think in those terms, they do operate on the same principle. By knowing where your body is at any given time and how it relates to others in the physical world, you begin to feel a calmness within your body and your surroundings.

Quietness

Finally, yoga can promote relaxation through quietness. Since most yoga practice is done in silence or with relaxing music, the body and mind soon are calmed.

Having a time of quietness or restful music can help you separate from the stresses of the outside world. You can turn within and examine how your body feels. You can concentrate on how you are breathing and even regulate your breath to even deeper levels of calm.

Silent (Meditation)

Most yoga practice has two periods of meditation built into the practice. One is a brief time at the beginning where you sit quietly and concentrate on your breath, shedding the cares and concerns of the world. The other, longer period is at the end of practice. It can be a time where you go through special relaxation techniques or other forms of meditation. The physical activity will have removed much of the tension from your muscles and will allow you now to concentrate on going into a deeper level of restfulness.

Yoga is an excellent tool to help you manage your stress, even if it has already manifested as illness. Yoga can help your body and mind relax. Combined with meditation, it can also tap into the spiritual, if you are so inclined.

Meditation is a state in which you concentrate all your attention on an item or inward towards yourself. It was traditionally a part of Eastern way of life style in Indian Continent, people of all fold of life and all religions and races are recognizing the importance of meditation. Meditation helps you heal your mind by relieving it from stress and worries. It can help you focus on yourself in order to achieve inner peace and relaxation or it can be used to focus on your relationship with God or your supreme being. Either way, after meditation, you will find yourself in a more peaceful, tranquil place.

YOU ONLY CAN UNDO STRESS 100% IF YOU UNDO YOUR HEALTH PROBLEM AND THE ONLY WAY TO BE PERFECTION IN HEALTH IS BY PRACTICING YOGA, BREATHING EXERCISE AND MEDITATION.

Elanggovan Thanggavilo

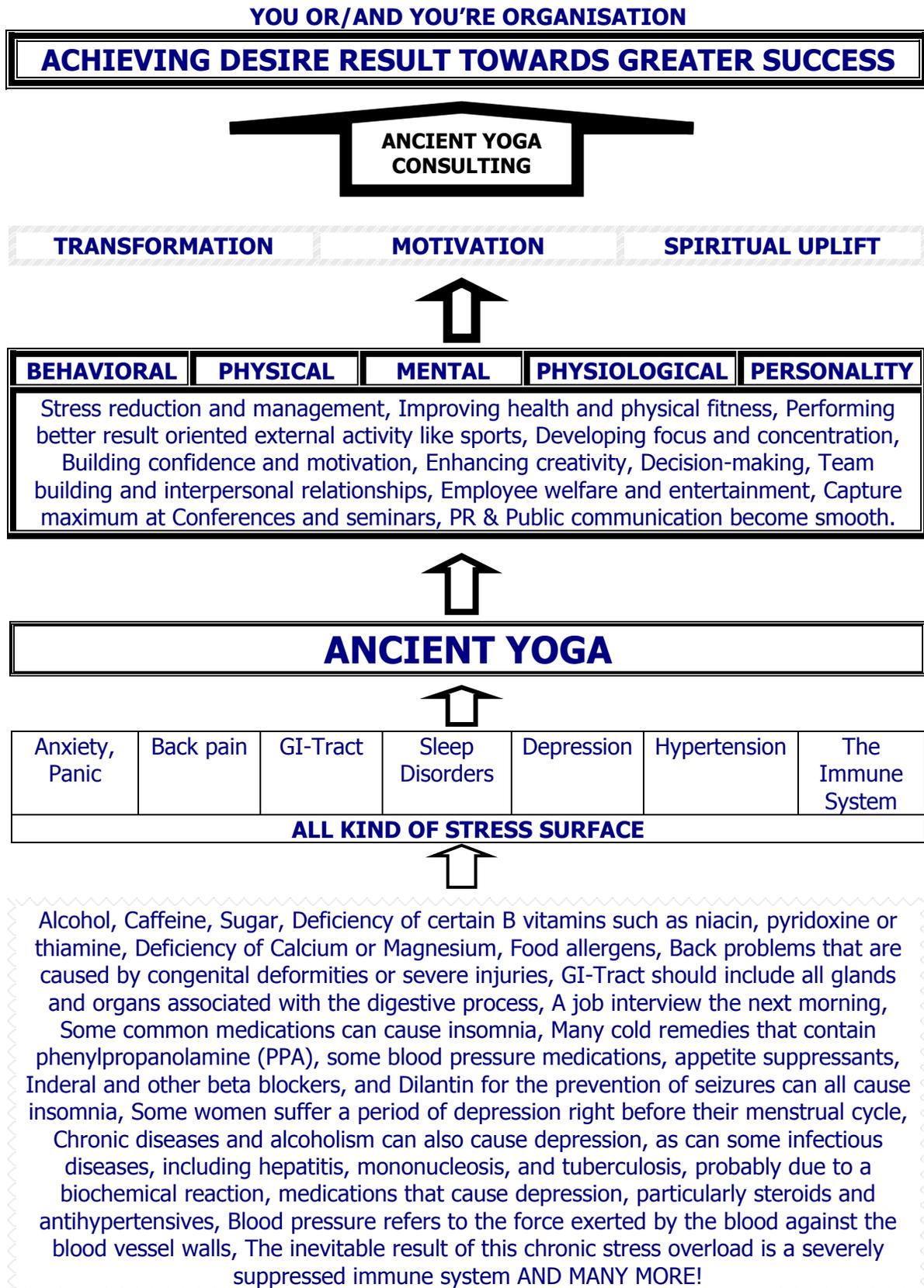
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3. University of California Research on Yoga.

BEHAVIORAL	PHYSICAL	MENTAL	PHYSIOLOGICAL	PERSONALITY
Regulate right weight	Increased Hand steadiness	Increased Concentration	Increased EEG Alpha	Reduced Anxiety
Reduced Nervousness	Reduced reactivity to stressors	Increased memory	Increased respiratory efficiency and competence	Reduced depression
Reduced Health complaints	Increased flexibility	Increased intelligence quotient	Reduced oxygen consumption	Increased conflict resolution
Increased clinical assessment of psychiatric patients	Increased relaxation	Reduced mental fatigability	Reduced respiratory rate	Increased openness to experience
Reduced psychological complaints	Reduced muscular electrical activity (EMG)	Increased performance quotient	Increased lung capacity	Reduced defensiveness
	Increased muscle tone	increased shift in sequence of ideas	increased breathe holding time	Reduced guilt
	Increased fitness		Increased tidal volume	Reduced tension and instability
<p>Students who did yoga 4 times a week which included 10 mins of breathing exercises, 15mins of warm ups and 50 mins of posture work. After just 8 weeks of Yoga:- muscular strength had increased by 31% Stamina was up by 57% flexibility had increased by 188% !! Breathing capacities were also up by 7% which is very high for only 8 weeks of Yoga. Source: University of California Venice 2002</p>			Increased cardiovascular efficiency	Reduced hostility
			reduced systolic and diastolic blood pressure	Reduced submissiveness
			Reduced heart rate	Reduced self-criticism
			Increased blood flow	Increased assertiveness
			increased immune system	Increased body image
				increased self-esteem

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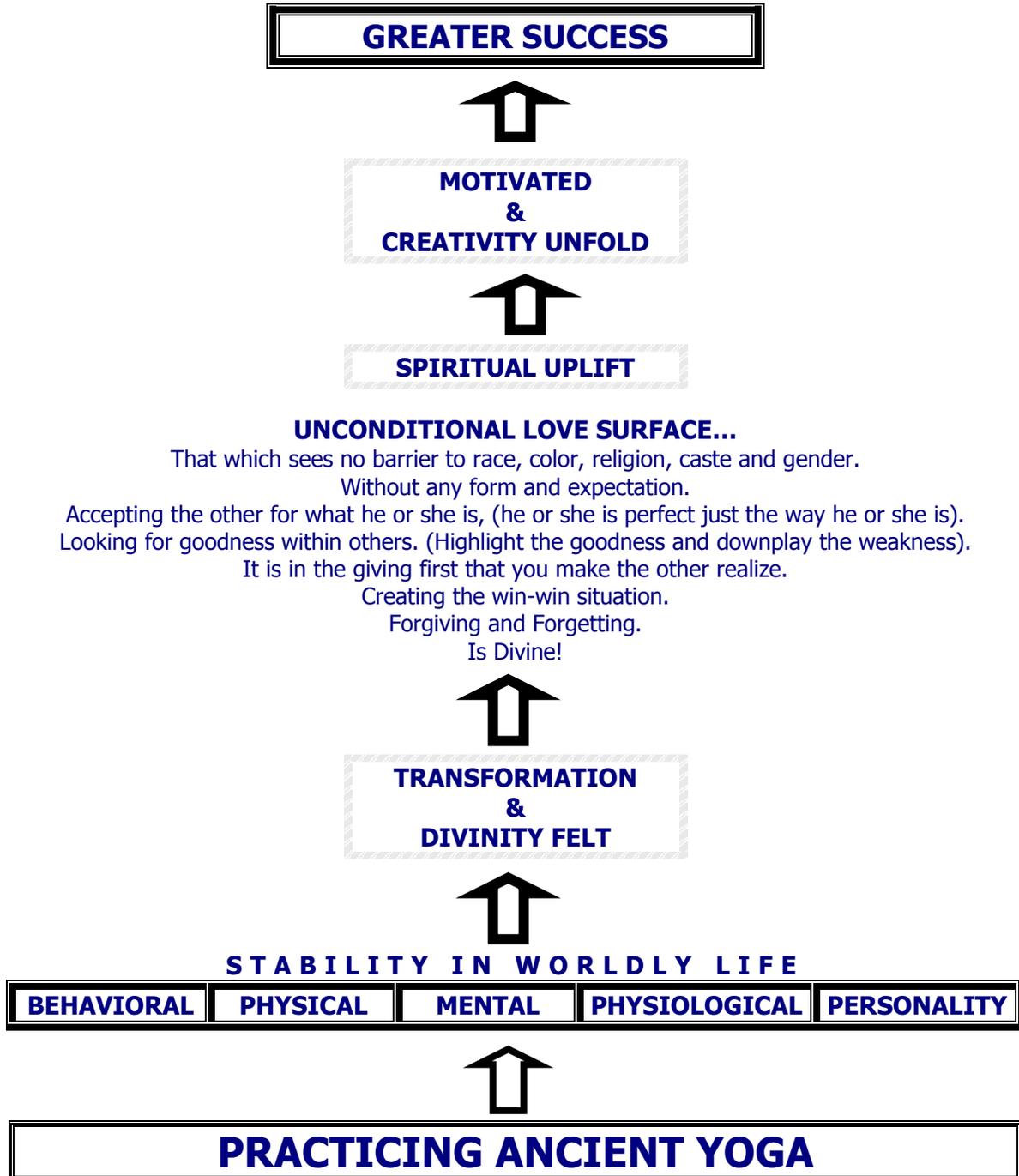
4. Secret of 100% SUCCESS RATE! – Fundamental Factor for Stress



SOME OF FUNDAMENTAL FACTOR FOR STRESS DEVELOPMENT

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Secret of 100% SUCCESS RATE!



5. Reason & Benefit Practicing Yoga.

1. Reduces your risk of getting heart disease.
 2. Improves the functioning of your immune system.
 3. Helps you to manage stress more effectively.
 4. Can help relieve the pain of tension headaches.
 5. Reduces the risk of developing hypertension (high blood pressure)
 6. Reduces your risk of developing non-insulin dependant diabetes.
 7. Can help improve short term memory, focusing and concentration.
 8. Increases your maximal oxygen intake.
 9. Strengthens your respiratory system.
 10. Helps to boost creativity.
 11. Helps you sleep easier and better.
 12. Helps the body resist upper respiratory tract infections
 13. Increases ability to supply blood to the skin for cooling.
 14. Reduces the rate and severity of medical complications from hypertension.
 15. Reduces your risk of having a stroke.
 16. Helps you to relax.
 17. Helps to increase your overall health awareness
 18. Helps give you willpower to lose weight.
 19. Lowers your resting heart rate.
 20. Helps to relieve constipation
 21. Improve memory power
 22. Increase your life span
 23. Helps mind work well
 24. Increase virility
 25. Makes the body beautiful
 26. Control obesity
 27. Strengthens heart and lungs
 28. Makes the brain strong and the face attractive
 29. Shows the path to a disease-free life
 30. Drives out tiredness and laziness
 31. Makes life eternally young
 32. Act as anti aging
 33. Regulates blood flow
 34. Eliminates pain and helps forget it
 35. It inspire us to read and think more
 36. Cures all diseases
- and more

6. Understanding Stress & Quotes on Yoga

UNDERSTANDING STRESS

As you return from your holiday or ordinary workshop, possibly stressing about coming home to your typical fall routine, it might be useful to think about what you are dreading.

What comes to mind when you think about "stress"? Time pressures, difficulty on the job/relationship, financial struggles, fearful situations, just too much to do? What else?

We tend to think of "stress" and struggle as something negative or undesirable, to be avoided or gotten "out of" at all costs.

But, what if we reframed our thoughts about stress and struggle?

Pleasure, joy, happiness and excitement also elicit the body's stress response, yet we do not experience these emotions as stressful or undesirable or seek to avoid them.

In yoga, it's often useful to "reframe" our thinking and even the words we use to "see" things from a different perspective (the benefit of practicing inverted poses, to physically and metaphorically "turn our world upside down!").

What if we could understand and distinguish between stress and tension? Between "reaction" and "response"?

What if we could put a halt to our runaway thoughts before we were "ambushed by" our primitive (and, in the right situations, very useful and necessary) fight or flight response? After all, once that response is evoked, we might as well just "ride the wave" of emotions until the chemical cocktail in our bodies subsides...(and what tools can we bring to bear to help us ride that wave?).

What if we could harness the "stress response" in the service of more skillful action?

Yoga practices are meant to be taken "off the yoga mat" into our everyday lives. Using physical postures and breathing techniques to increase strength, flexibility and relaxation, meditative practices to step back from our tendency to "react" to stressful situations vs. "responding" from the more resourceful parts of our being, cultivating our "witness consciousness" and "higher intellectual centers" to truly know ourselves and to discern that "right action" for the situation, living a happier, healthier and more energetic life - these are the true aims of yoga!

OTHER QUOTES ON YOGA

Before you've practiced, the theory is useless. After you've practiced, the theory is obvious.
(David Williams, Yoga teacher)

Yoga exists in the world because everything is linked
(Desikashar)

When the winds of change blow, some people build walls and others build windmills
(Chinese proverb)

Yoga is so universal in its principles and so holistically beneficial, it is possible for any person, young or old, religious or agnostic, to embrace and enjoy a practice.
CHRISTY TURLINGTON, Living Yoga

Yoga is invigoration in relaxation. Freedom in routine. Confidence through self control. Energy within and energy without.
Ymber Delecto

Sun salutations can energize and warm you, even on the darkest, coldest winter day.
Carol Krucoff

Yoga is a life-saver.
Ione Skye

7. International Corporate List Whom into Yoga.

<p>Malaysian Mental Health Association (MMHA), National Cancer Society of Malaysia, National Association of Women Entrepreneurs of Malaysia, Woodside Petroleum Shell Australia Shell Singapore Budget University of WA Dept of Health, USA, UK, Canada, India Westpac WA Police Dept WA Entrepreneurs Madison and Verona School Districts Northern Illinois Hospice Association Suzuki Strings of Madison and with Families And Schools Together (FAST) as well as community centers Circles of Life state-wide Disability Conference Southern Wisconsin Educational Inservice Organization (SWEIO) USA teacher organizations state of Wisconsin. Rottnest Lodge Main Roads Dept Ellenbrook NGIS Newmont Mining Metropolitan Cemeteries Board St Marys, Karrinyup St Hildas, Mosman Pk Sacred Heart College Armadale High School DOLA Fremantle Hospital Bell and Associates Schools and Colleges Family & Children's Services American Cancer Society American Healthcare Radiology Administrators Central MA Employers Association Fallon Community Health Plan Girl Scouts Institute for International Research International Association of Fairs and Expositions</p>	<p>Hills Community Support Groups Brookleigh Equestrian Estate Osbourne Park Hospital WA Gov Corrective Services New York Police Dept. Imperial College London Lexmark Ballhomes James N Gray IBM Microsoft HBO Nike Nexcomm Intel AT&T NYNEX Forbes Apple Pepsico GE Chase Manhattan Qualcomm Bristol-Myers The White House US Marines DePaul University: - Chicago Campus National-Louis University - Wheeling, Illinois Lake Forest College - Lake Forest Illinois Lake Forest Graduate School of Management - Lake Forest Illinois Arlington Heights School District Miner School Wilmette School District McKinzie School Central School Community Church of Lake Bluff Allstate Insurance - Northbrook Campus Property Casualty Insurers Association of America STS Consultants Solomon Schechter Day Schools - Skokie, Illinois Cancer Wellness center - Northbrook, Illinois City of Highland Park City of Lake Forest</p>
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<p>Kripalu Center for Yoga and Health, Listening, the Barre Integrated Health Center Massachusetts Association of Approved Private Schools Phoenix Rising Yoga Therapy Providence Health Systems State of MA Department of Agriculture, Society of Nuclear Medicine University of MA Medical Center Westboro Savings Bank Young President's Organization. DFID (British Govt. Dept) Sapient on Yoga and Stress management. Oracle Corporation SAKATA India on Yoga and Stress Management. Delhi Police on Stress Management. Indian Farmers Fertilizer Cooperative Ltd Delhi Management Association on Goals in life. Marriott Hotel on Creative thinking and Stress management. Times of India Group on Creative thinking and Stress management. Habitat World on Creativity and fun. Times Foundation on Team building and Creative thinking. Times Foundation on Yoga and Weight Management. Times Foundation on Yoga. Bharat Petroleum Corporation Limited on Yogasana and Meditation.</p>	<p>Loreal Corporation -Chicago Childress-Duffy-Goldblatt Attorney at law - Chicago Markon Associates - Northbrook Midwest Principles Association Rotary International - Lake Forest Cable + Wireless The Landmark Hotel UBS Bank OrangeRoyal Lancaste Hotel Gerrard CMG-Logica Northcliffe Newspapers Aviva Pathe Films Mandarin Oriental Hotel ASM WCERS Ebookers -Financial Ombudsman Service PublicisFlightCentre West Ham FC Fulham FC Middlesex Cricket Team Breast Cancer Care English National Opera Crown Prosecution Service DSCL limited on yoga International Data Corporation. <i>and its growing worldwide.....</i></p>
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"Participants in the yoga group had a 27% increase in GABA levels, while those in the reading group remained unchanged.

"Researchers at Boston University School of Medicine (BUSM) and McLean Hospital have found that practicing yoga may elevate brain gamma-aminobutyric (GABA) levels, the brain's primary inhibitory neurotransmitter. The findings, which appear in the May issue of the Journal of Alternative and Complementary Medicine, suggest that the practice of yoga be explored as a possible treatment for depression and anxiety, disorders associated with low GABA levels."

"The development of an inexpensive, widely available intervention such as yoga that has no side effects but is effective in alleviating the symptoms of disorders associated with low GABA levels has clear public health advantage," added senior author Perry Renshaw, MD, PhD, director of the Brain Imaging Center at Harvard-affiliated McLean Hospital.

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