

## Our Solution

Written by ADMMHSE

Monday, 16 November 2009 16:42 -

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### ANCIENT YOGA SOLUTIONS

#### LATEST CORPORATE YOGA WORKSHOP RELATED DOCUMENTS

1. AYC Executive Summary Profile
2. AYC Great Master Bio Data
3. HRDF Claimable Corporate Workshop & Seminar Course List
4. 1\_Hour\_Alpha\_Thinking\_the\_Power\_of\_Creative\_Mind.pdf
5. 1.5 Hour Slot Corporate Yoga.pdf
6. 2 Hour Slot Corporate Yoga.pdf
7. 1 Day Corporate Yoga (Health, Wealth & Intelligent Awareness via Yoga Meditation)
8. Weekly or Series of Yoga Class.pdf
9. 3\_Days\_Alpha\_Thinking\_The\_Power\_Of\_Creative\_Mind\_AYC.pdf
10. 3 Days The Ancient Art Of Stress Management AYC
11. Series\_of\_Corporate\_Yoga\_Session\_for\_Hotel\_Guest.pdf
12. Corporate Yoga Firm Advantages Individual Benefits
13. What International Expert Say About Yoga Meditation?

3,6,9 Months Weekly Corporate Yoga for Stress Management & Intelligent Growth

Design by AYC after superb research & development for past 8 years in Malaysia

Weekly once training at your office by our yoga experts.

General Terms & Condition for practicing yoga & New Students Info About Yoga

Warm Up & Stretches Exercise, Fire Breath Eye Exercise & Sun Salutation

A Range of Yoga Posture & Opposite Posture & Special Postures to recover specific sickness

Chakra Therapy Meditation (Heart, Ajna & Crown Centre)

Alternate Breathing Exercise & Relaxation Techniques Symbols

1.5 hours per session

Synopsis provided

RM90.00 per person per month

Covering Breathing techniques, yoga posture, silent (meditation)

Call AYC for discounts and special 1 month free yoga class.

#### 3 Days Seven Major Chakra System Workshop

Yoga is Yoga

Immersing into ocean of yoga while holiday experience in ancient resort of Malaysia.

Chakra name, its location, aura color, endocrine gland, element, sense, attributes, ailments relieved, symbol, vocal vibration, chakra therapy meditation.

Nothing, Something and By Chance (Universe Formation)

Generate, Operate & Destroy

Conscious, Sub- Conscious and Un- Conscious MIND

4 Great attributes of Heart Centre

9 Greatest secrets of Un-conditional Love

Link between i and I

LIGHT and EXISTENCE

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### DARKNESS, GREATEST VACUM and EXISTENCE

Yoga, Meditation and Breathing Exercise,

Fresh learner also can participate this workshop

Sun Salutation (12 steps), Moon Salutation (20 steps) and more....

Most class participant are from global countries.

7 Days Universe Corporate Interactive Transformation Workshop

Design by UAC after fine research & development for past 9 years in Malaysia

Scientifically & Psychologically Designed Interactive Workshop

Theory/Explanation of about 10 to 20% only.

80 to 90% fully interactive "Your employees will FEEL and EXPERIENCE proven techniques that have immediate and everlasting effects"

List price for workshop is starting from RM500.00 per person per day.

Immediate & Everlasting Result

Fresh learner also can participate this workshop

Staff assessment & report for management (optional).

Highly recommend programme before any other corporate training.

### SPECIAL CUSTOMISE SOLUTION AVAILABLE ON YOGA & MEDITATION CLASS

1 or 2 (Morning & evening) Section at your own seminar to boost participant energy

Provide Yoga Instructor at your team building programme (morning & evening yoga training)

Yoga & Health Awareness Speech at your office

Corporate Yoga Camp

Call our Business Develop Manager for other customised requirement

- \* Stress reduction and management
- \* Improving health and physical fitness
- \* Performing better result oriented external activity like sports
- \* Developing focus and concentration
- \* Building confidence and motivation
- \* Enhancing creativity
- \* Decision-making
- \* Team building and interpersonal relationships
- \* Employee welfare and entertainment
- \* Conferences and seminars
- \* Talks

Design for all, towards New Millennium.