

## Ancient Yoga Class

Written by ADMMHSE

Monday, 16 November 2009 16:48 -

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### ANCIENT Yoga Class for Corporate

#### Class Highlights

Yoga Instructor / Master will conduct Practical yoga class for corporate staffs.

#### Class Content

A complete cycle of yoga training will be provided covering Eye Exercise, Alternate Nostril Breathing Exercise, Open Meditation and Yoga Asana Exercise. All practical comes with notes, explanation in scientific manner. With more then 84 yoga asana (yoga posture types) which more then covers the following:

Yoga for Stress Management  
Yoga for Creative & Intellect Growth  
Yoga for the Immune System  
Yoga for Women's Health & Beauty  
Yoga for our Emotional Energetic  
Yoga for Health & Wellbeing  
Yoga for Sports

#### Benefits

Harvest the list of benefits in 5.5 Yoga Benefit and more immediately and everlasting.

#### Other Info

No duration limits but we recommend the following:

Duration : 3,6,9,12 or 18 Months

Minimum participants : 10 staffs

### ANCIENT Yoga Camp

Duration : 3 days, 2 nights

Location : Pre-selected resort by client

Minimum : 20 participants (If not enough within own staff then we will integrate 2 or more companies corporate staff's camp)

Maximum : 100 participants

Price : Will be quoted upon enquiry

### ANCIENT Yoga Health

Specially guided and Taught for each individual or specific staff problems with major disease/sickness without eliminating doctors advice.

Fees & Duration base on each case basis.

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### ANCIENT Yoga Studio Setup Services

We provide consultation advice on Room Size, Color and Material Used including all main accessories etc.

### ANCIENT Yoga Kit

We are selling and/or will recommend quality yoga purpose use material such yoga mat, yoga ball, essence oil etc.

### ANCIENT Class Location Nationwide Including Sabah & Sarawak

Our classes are conducted nationwide.

Please call / email us your enquiry with full address for us to provide the nearest location.

In most case corporate clients provide yoga practicing rooms within their premises, thus save staffs traveling time.

### ANCIENT Yoga Fees & Pricing

Payment : Monthly

Total Class : 4

Weekly : 1 class

One Day : 1.5 hours per class

Fees : RM99.00 per participant

Minimum : 10 participants

Transport : Additional Charges above 50KM radius from KL

Accommodation: Will be reimburse if location of training is new without our trainers present.

All registration must attach with the following and any document which might be request by ANCIENT Yoga:

- \* Corporate Letter or Purchase Order
- \* Individual Application Form
- \* Health Form (with doctors signature)
- \* Copy of health Insurance / medical card
- \* Signed rules sheet
- \* Recommendation letter