



An Invitation

SoulSync Festival

SRI SRI
SCHOOL OF YOGA

26th April 2025

About Sri Sri School of Yoga

Sri Sri School of Yoga is founded by Gurudev Sri Sri Ravi Shankar, a global humanitarian and thought leader in yoga and meditation. Our school seeks to expand the world's understanding of yoga through an education and training that are steeped in the vedas – the original roots of yoga – and a long lineage of masters while making yoga accessible and applicable for modern day use for people of all ages, abilities, cultures and religions.

Credentials

- **Leading Yoga Institution recognised by Ministry of Ayush, Govt of India**
- **Registered Yoga School (RYS) with Yoga Alliance (USA)**
- **Life Time member as Leading institution with Indian Yoga Association.**
- **Serving in the domain of Yoga for the last 43+ years**
- **Worldwide footprint with 11,000+ Certified Yoga teachers**
- **Tailored solutions catering to company needs**



Objective

- **Rejuvenate & Recharge** – Experience a day of relaxation amidst nature, away from the corporate hustle.
- **Wellness & Healing** – Discover the benefits of Ayurveda therapies and personalized Nadi Pariksha (pulse diagnosis).
- **Mind-Body Optimization** – Practice Yoga to enhance focus, productivity, and overall well-being
- **Satvik Nutrition** – Savor wholesome Satvik meals for holistic nourishment and energy.
- **Wisdom & Insights** – Gain valuable knowledge on Yoga, Ayurveda, and their impact on leadership & productivity.
- **Networking & Growth** – Connect with like-minded CEOs for meaningful conversations and collaborations.

The Unfolding of the Day : 26th April 2025

Time

Particulars

7.30 AM	Arrival and Welcome
8:00 AM	Nadi Pariksha : An ancient method of pulse diagnosis which reveals the imbalances in your body
9:00 AM	Sattvik Breakfast
10:00 AM	Nature Trail in the ashram
11:00 – 1.00 PM	Ayurvedic Therapy /Yogic Detox ;Power of Intuition
1.15 PM	Nourishing Sattvik Lunch
2.45 PM	Yoga Nidra : A powerful relaxation technique that will leave you fresh and energetic
3.15 PM	Talk on YoPro Alliance and Ayurveda
4:15	Co-Creation: Designing your well-being blueprint with yoga
5.30	High Tea, Networking, Exploring the ashram, artifacts, textiles etc
6.30	Celebration with Music (Optional)
	Departure

Note : The schedule is subject to change. Confirmation on the same will be provided closer to the event

Yoga is often considered only as a physical exercise. The sessions are designed to relax, rejuvenate while catering to the mind complex. According to the World Health Organisation, ‘Health is "a condition of total physical, mental, and social well-being and not only the absence of disease or disability”’. Its purpose is to raise your level of awareness, sharpen your mind, and improve your intuitive ability.

Food is an integral part of rejuvenation. The sattvic food is designed to be high in ‘Prana’ (the universal life force) – prepared with natural ingredients, freshly picked and organically cultivated in our own gardens. The chefs work in tandem with the doctors and therapists to conjure up deliciously soulful food that meet your natural doshic requirements.

Yoga Nidra is an invaluable technique for experiencing deep rest and increasing our efficiency. It is like a guided meditation, we don’t need to make any effort. A regular practice of Yoga Nidra gives us deep relaxation and also helps in releasing traumas and stress. A 20-minute yoga nidra or yogic sleep can give you far deeper rest than an afternoon nap. Yoga Nidra involves restful awareness.

Nadi Pariksha -

Nadi Pariksha involves a qualified practitioner evaluating wrist points to determine the rhythm, speed, strength and quality of the pulse. A Nadi Practitioner can use this to identify doshas, organ health, and physical imbalances. It is a non-invasive science that makes it possible to address the cause of health problems rather than merely their symptoms.

Guidelines

Wear Loose comfortable clothes.

Ladies are requested to avoid sarees as there will be yoga sessions

Vehicle numbers need to be shared prior to your arrival

The ashram is a no smoking, no alcohol, no drugs zone

The total number of guests need to be informed in advance

SPOC coordinates need to be shared in advance to ensure smooth flow of the program

Medium of communication : English / Hindi if required

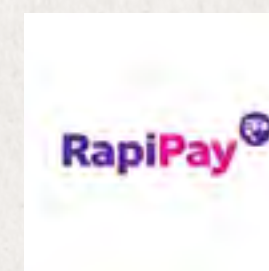


OUR SERENE CAMPUS AT A GLANCE



OUR CLIENTS

Many top companies have trust in us.
Let's partner to bring transformation at your workplace.





Contact Us

head.corporateyoga@srisriyoga.in

corporateyoga@srisriyoga.in

+91 7417411976, +91-9108689282