



SANJEEV KRISHNA
YOGA

AN INSTITUTION OF SELF KNOWLEDGE

“Know thyself, love thyself, know & love all as thy own self.
Essence to world peace, health & happiness”

From a humble beginning to an enormous growth by its sheer devotion to make a sustainable and long-term difference to health and wellness.

- A registered institution established in 2003 under DED, Dubai UAE.
- The First ISO certified Yoga Center in the Middle East.
- Accredited BY the CYA INTERNATIONAL (Council of yoga accreditation) 'International Yoga Teacher' credentials and endorsed by Reps UAE operating under Dubai Sports Council, Dubai, UAE.
- The First Reputed Yoga Center with an ISO accreditation - a Certified Center for wellness.

FOUNDER

"I focus on teaching people how to overcome their fears, speak up, step out and achieve their goals"



Mr Sanjeev Krishnan affectionately addressed by all as “Guruji” has been from his young age passionate about life and its significance. This led him in search of spiritual knowledge.

- Sanjeev is a Graduate in English Literature and has 20 years of experience working in Multinationals in the Medical, Transport, Housing, Finance and Banking sectors.
- He has held senior regional positions in Human Resources and Finance.
- In 2003 Sanjeev decided to make “the shift” and pursue his passion, thereby setting up the RHYTHM YOGA CENTER in Dubai.
- Sanjeev was a faculty of the American University in Dubai teaching yoga to the staff and students.
- He has conducted several classes for individuals, corporates, educational Institutions and universities.

Other involvements/achievements:

- Received an award for participating in the ‘Contribution to the world health’ program conducted by the Department of Health and medical services [DOHMS], DUBAI, UAE during DSF 2003.
- Conducts classes for various corporate companies on health and personal management.
- Speaker at several seminars on public forums and educational institutions.
- Participated in the ‘Keep Fit’ program conducted for the Emirates Airline staff.

OUR CORPORATE CLIENTS

**MAERSK
LINE**

LS²PLUTO

KHDA
KNOWLEDGE & HUMAN
DEVELOPMENT AUTHORITY

WRIGLEY
A SUBSIDIARY OF MARS
INCORPORATED

GEMS
EDUCATION

AUD
AMERICAN
UNIVERSITY
IN DUBAI

MARS

TOUCHWOOD
DECOR & FURNITURE

RHS
LOGISTICS

ONGOING PROGRAMS

- Rhythm of Life
- Teachers Training
- Hatha Yoga (Asanas)
- Detox Yourself
- Prenatal/Postnatal
- Couple / Family Yoga
- Yoga Retreats
- Rhythm of Life Advanced
- Meditation
- Therapeutic Yoga
- HIIT Body workouts
- Watch your Back
- Healthy Aging
- Yoga Nidra – Blissful Sleep
- Weekend Specials
- Rhythmic Self Defense (Kalari)
- Summer Camp for Kids
- Pranayama
- Corporate Yoga

TESTIMONIALS

“I completely recovered from Gastroesophageal reflux disease (GERD) without taking any medication” - Sumathi Ramanujan

“My health has improved drastically, and stress is on the run. I am up for the challenges of life” - Eric Wilson

“I was diagnosed with fluid in my spine and was advised surgery. However in ten days of ROL I am cured! You can change things in life when you know how to manage yourself. Thanks Sanjeev” - Silvia Boeira

“I lost 9 kgs in 12 days. I am a NEW ME” – John D’Souza

WHAT IS YOGA?

Simply put, yoga is giving attention to your body, mind and breath.

- Yoga coming from the Sanskrit word "yuj", means harmony, coordination and union of the mind and body.
- Yoga integrates all aspects of the individual - body with mind and mind with spirit - to achieve a happy, balanced and useful life.
- Yoga includes postures (asanas), breathing techniques (pranayama) and meditation.
- Yoga energizes our bodies and calms our minds.
- Yoga is a popular activity for all ages and can be modified to suit all levels of fitness.



WHY CORPORATE YOGA?

Are you trying to cope with deadlines, relationships and health?
Is balancing work life an unreal hope for you?
Are you stressed?

We prefer to take antibiotics and pain killers, but we forget that these are silent killers, as they damage important organs like the liver, kidney and heart.



BENEFITS

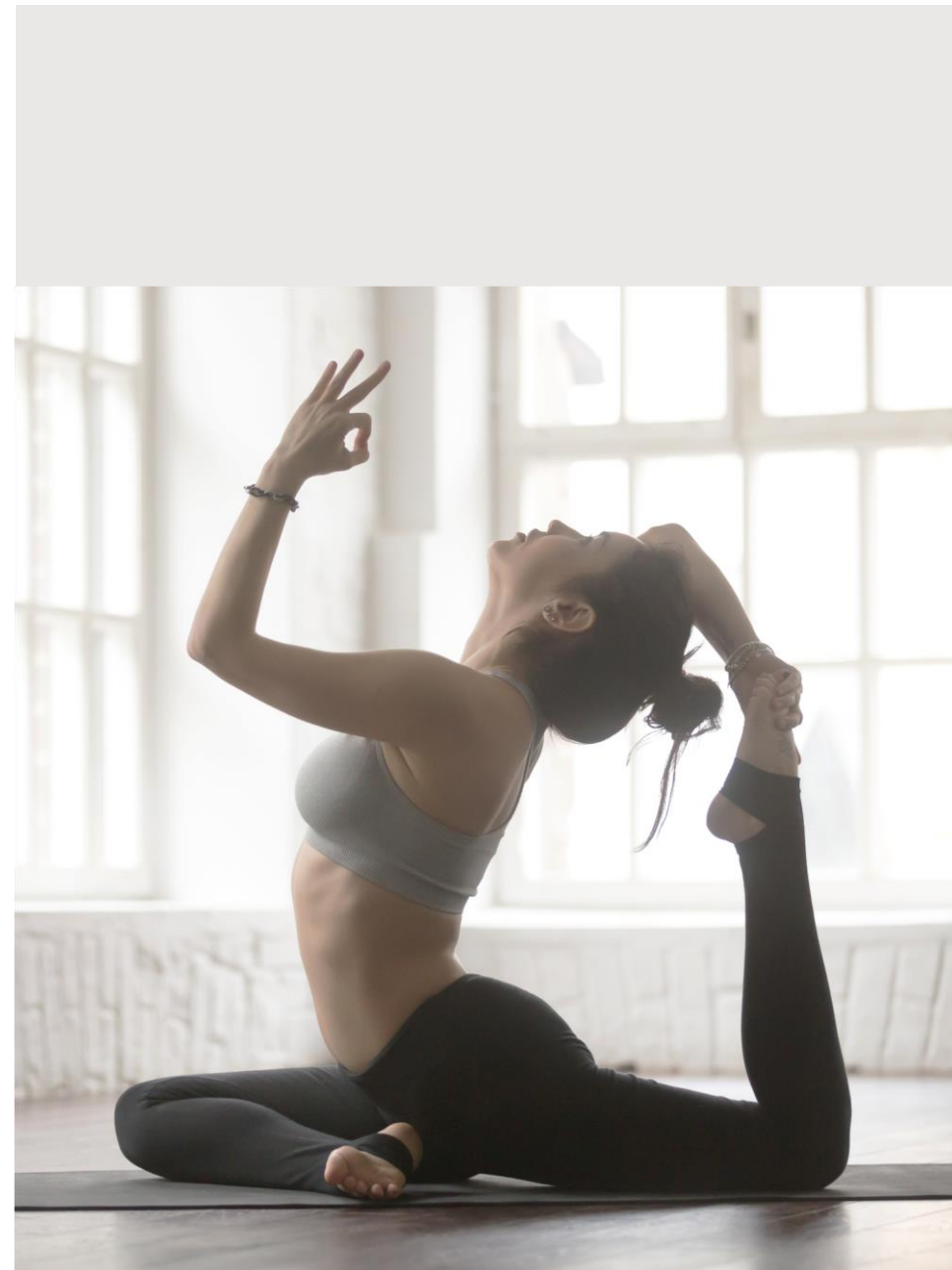
Employees that are healthy, happy and positive are more productive!

- Reduction in healthcare costs for employees
- Healthier employees with improved concentration, decision-making skills and ability to multi-task
- Increased flexibility & strength – both body and mind!
- Development of team spirit & work life balance
- Decline in stress-related sick occurrences
- Relief of head, neck and back strain, carpal tunnel syndrome, insomnia, high blood pressure and work-related injuries • Improved efficiency and increased productivity
- General well-being in the workplace which reduces employee turnover

KARMIC CORPORATE YOGA

Includes a one on one discussion for any health issues.

- Asanas (Postures)
- Basic Stretches (Beginners/Intermediate)
- Anti Rheumatic Stretches (Joints)
- Meditation
- Stress Management
- One hour each day
- Valid for all employees, with a minimum of 10-20 employees per session
- Customizable
- Includes Manual & CD



SKY CORPORATE RHYTHM

Includes a one on one discussion for any health issues.

- Asanas (stretches) & Breathing (enhancing energy levels)
 - Rhythm of Life
 - Meditation
 - Health, Stress & Time Management
 - Communication Skills
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- Valid for all employees, with a minimum of 10 employees per session
 - Customizable
 - Includes Manual & CD
 - Level 1: 2hrs x 3 days,
 - Level 2: 2hrs x 3 days,
 - Level 3: 2hrs x 3 days,
 - Level 4: 2hrs x 3 days,

MANAGEMENT YOGA

SKY CORPORATE ALPHA MEDITATION

Includes a one on one discussion for any health issues.

- Yoga Nidra/Psychotherapy
- Visualization
- Manifestation of Objectives
- Guided deep physical, mental, and emotional relaxation.
- Duration: 5 days
- 1.5 hours each day
- For management/senior leadership, with a minimum of 5 employees per session
- Customizable
- Includes Manual & CD



SKY CORPORATE RETREAT

Includes a one on one discussion for any health issues.

- Corporate Wellbeing Sessions
- Health therapy & nutrition advice
- Group and/or Private classes
- Short get-away as employees' rewards or incentives
- Can be customized within UAE over a weekend

- Includes food & accommodation (excludes transport)
- Includes Manual & CD



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