

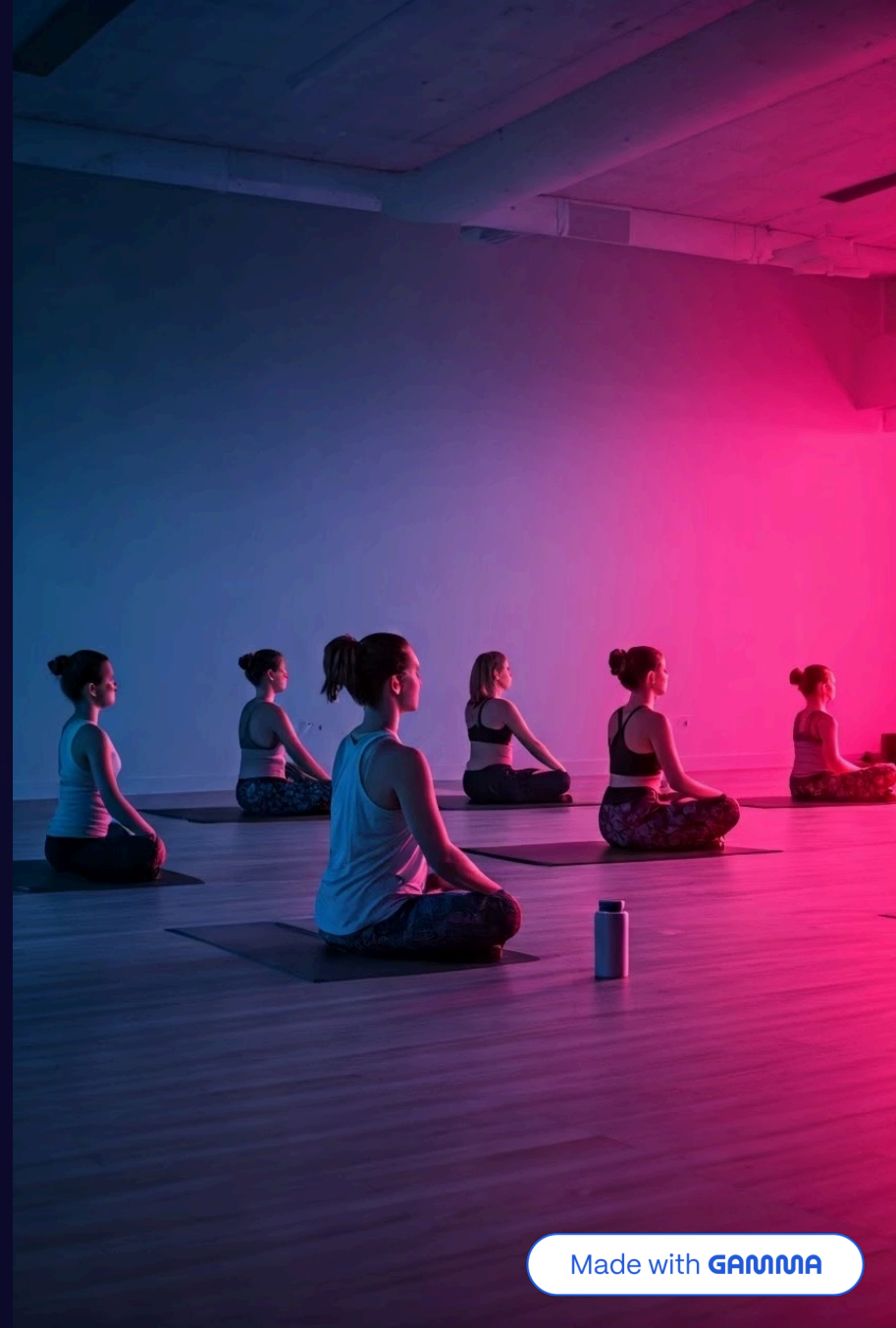
# Welcome to Mindful Yoga Orbit

Innovative approach combining movement, mindfulness, and breathing techniques. Founded in 2022 by certified yoga instructors with passion for holistic wellness.

Our methodology delivers results. 87% of participants report improved well-being after just 4 weeks of practice.



by **rvithya raja**



# The Science Behind Mindful Yoga

27%

Cortisol Reduction

Lower stress hormone levels after regular practice

16%

Focus Improvement

Increased attention span in children

35%

Flexibility Gain

Physical improvement after 8 weeks

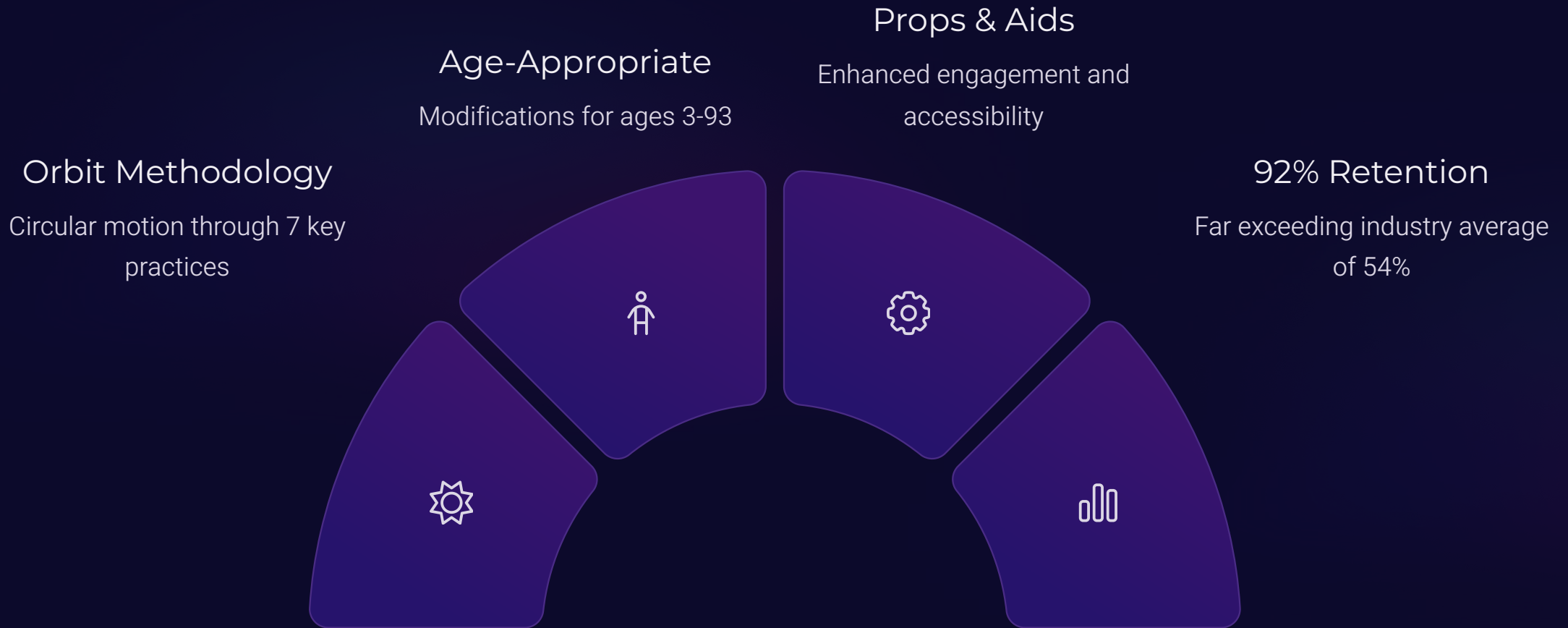
68%

Mood Enhancement

From just 20 minutes daily practice



# Our Playful Approach







# Building Focus Through Movement



## Dynamic Sequences

Specially designed for attention development



## Mindful Minute

Awareness technique between pose transitions



## Balance Exercises

Strengthen neural pathways and improve coordination



## Daily Practice

Just 5 minutes improves concentration by 23%

# Developing Flexibility: Body and Mind

## Physical Flexibility

Progressive stretching techniques adapted for every body type and ability level.

- Gentle progressive sequences
- Personalized modifications
- Incremental advancement

## Mental Flexibility

Exercises to develop adaptability and resilience in daily life situations.

- Mindset challenges
- Perspective-shifting practices
- 40% improved resilience



# Breathing Techniques for Calmness

## Orbit Breath

Our signature 4-7-8 breathing pattern calms the nervous system instantly. Inhale for 4, hold for 7, exhale for 8.

## Visualization

Powerful mental imagery exercises reduce stress and build emotional regulation skills.

## Breath Awareness

Simple attention to breathing reduces anxiety by 31% according to clinical studies.







# Success Stories and Outcomes

## Schools

24% decrease in behavioral incidents after implementing our program.

Students report better focus during testing periods.

## Workplaces

Corporate clients experience 17% increase in team collaboration.

Reduced absenteeism and higher job satisfaction.

## Individuals

78% of participants sleep better after just 3 weeks.

Improved relationships and daily energy levels.

# Join the Mindful Yoga Orbit

