



Developing Healthy Lifestyle



A venture by
RisingIndia ThinkTank

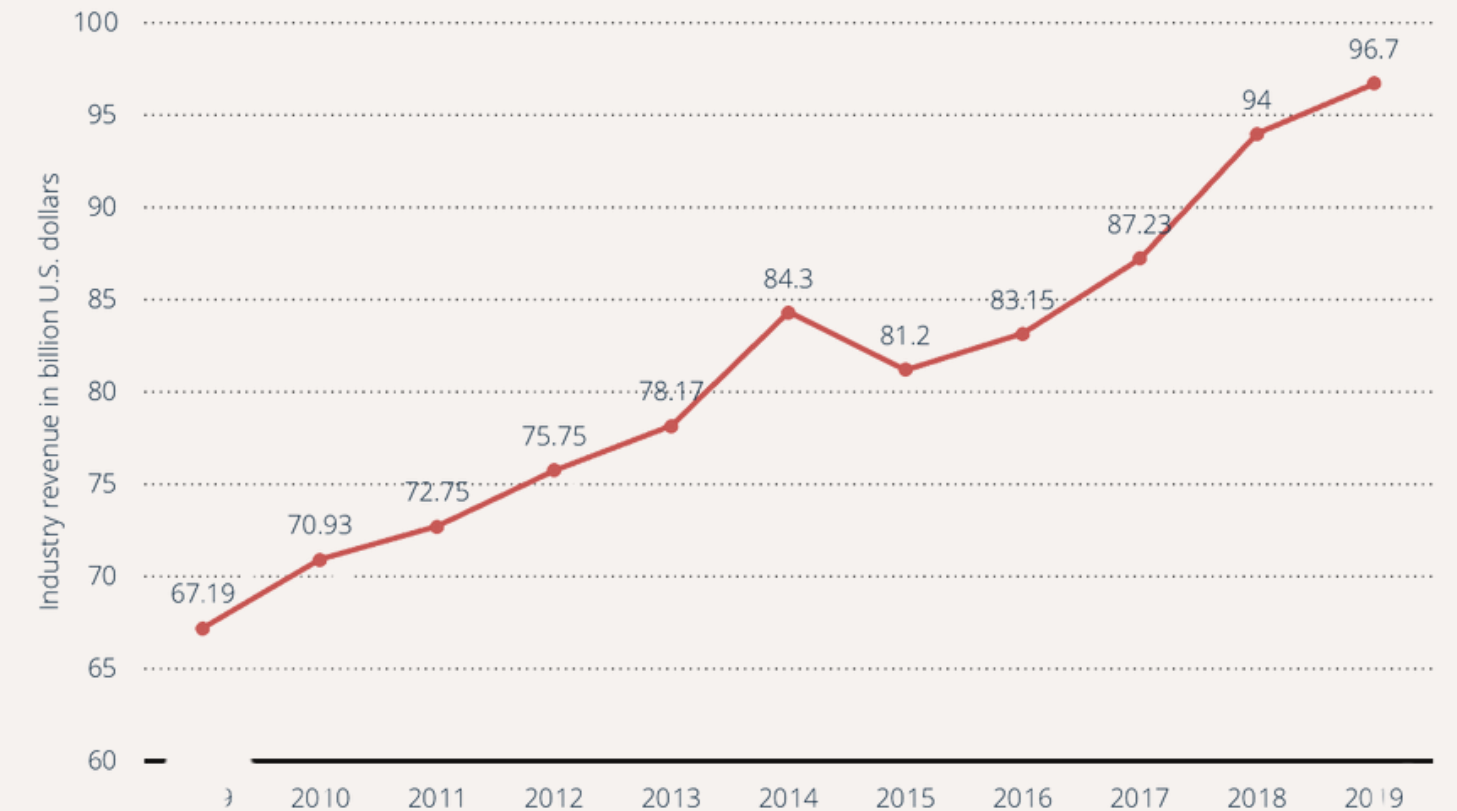


Lazy Yoga for Busy Corporate



Why Yoga

- The yoga industry is worth over \$88bn worldwide and expected to reach \$215bn by 2025, thus growing at a **CAGR of 11.7%**.
- Over the next three years, the Indian wellness industry would grow at a **CAGR of 20%** to reach \$11 bn



Yoga can treat diseases like the following, thus resulting in massive cost saving on treatment

Diseases	People suffering	Cost of Treatment
Arthritis	18 crores	INR 2000+ per month
Ankylosing spondylitis & lower back pain	82 crores	INR 1.5- 2 lakh
Diabetes	7.7 crores	INR 3000-8000 per month
PCOD	13 crores	INR 1,72,000 approx. for cyst removal
Weight loss (Obesity)	13.5 crores	INR 210000 - 560000

Other diseases that can be cured include:
asthma,
hypertension,
depression, liver ailments



Lazy Yoga

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Excel sheets, strategy, design plans, and deadlines may consume office hours.

Spiritual Curation of 11 minutes LAZY YOGA at work can easily enhance your bandwidth and productivity in the midst of numerous duties.

Furthermore, your body would stretch and your intellect would easily align to work expectations.

Feel lighter, more energized, and more capable of accomplishing more with strength and enthusiasm with AVI's LAZY YOGA in just **11 minutes**

Body health can be the beginning of happiness in life
Stay safe, stay healthy



Healthy lifestyle without losing time as essence
complete Yoga in just 11 mins

Why 11 Minutes?

**11 years Spiritually
researched Yoga
Asanas précised for
developing healthy
lifestyle**



MAIN BENEFIT



LazyYoga Services:

Lazy Yoga Certification (11 minutes yoga):

Individual	Certification for (Inclusion)
LazyYoga Practice	Learn 11 verses of spiritually curated Vaidic Yoga practice
Lazy Yoga Coach	Practice Certification + 480 hours AgriVaidic Internship

Lazy Yoga Corporate :

LazyYoga Plans	Inclusion
1. LazyYoga World	5 sessions to learn two verses
2. Lazy Yoga Universe	12 sessions to learn 5 verses
3. Annual LazyYoga Contract	Weekly session covering all 11 verses with certification

Yoga For Lifestyle Related Diseases | Yoga for kids and teenagers | Immunity Booster | Chair Yoga | Pre/Post Natal Yoga
| Yoga for Hospital Industry | Detoxification | Meditation | Couple Yoga | Chakra Healing | Weight Loss | Better Sleep and
Relaxation | Improve Flexibility | Improve Core Strength | Strong Healthy Legs | Improve Digestion | Pranayamas

Plus 11 minutes live session (Free with an early bird)

Contact us:

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Webpage: www.risingindia.in/lazyyoga



Develop healthy work life



Poonam Yadav
Chief Yogini and co-founder LazyYoga

International Yoga grandmaster

Mrs. India Divine Diva

A proud Army wife and responsible Mother

*Carries nearly 2 decades experience of practicing yoga and
nurturing people to develop healthy lifestyle through*

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