**BUSM 1500Business Presentation Skills**

* **Prepared Presentation Outline -**

**Student Name: SIMRAN**

**Student ID: 100377444**

**Speech Topic: Yoga and Meditation**

**Speech Objective:** *Join my online yoga classes.*

**Audience:** *Employees at a company who are attending my yoga session conducted at their workplace*

**Your Role & Company:** *Yoga trainer& online training centre named “Get healthy With Yoga”*

**Event:** Yoga info-session at workplace

**Introduction**

* **Grabber:** Do you often feel stressed all the time?
* **Thesis:** *Yoga is the journey to the self, through the self and for the self. Welcome to my yoga session. Today I am going to tell you about yoga and meditation and persuade you to join my yoga classes.*
* **Overview:** *What is yoga and meditation? Importance of yoga. Benefits of yoga and meditation. How yoga helps to remain stress-free...***.**

**Body**

* **Evidence / Supporting Point #1:** Yoga is union of individual-self and universal consciousness. Meditation is the mental exercise involving relaxation, focus and awareness.
* **Evidence / Supporting Point #2:** *Importance of yoga for physical health. I shared a graph showing a survey in which people marked how yoga helped in healing with injuries at different parts of body.*
* **Evidence / Supporting Point #3:** *Importance of yoga and meditation for relieving stress. According to yoga benefit statistics, 54% of US people do yoga to relieve stress.*

**Conclusion**

* **Summary:** *Yoga and meditation are very important and beneficial for us as it helps to keep us physically as well as mentally healthy and fit by healing injuries and relieving stress.*
* **Call to Action:***Let’s have a move towards happy life with healthy body and fresh mind by joining our Yoga classes at gethealthyWithYoga.com*