



ELAN TATTVA



Enliven Yoga

Life Recharged

'Life Recharged' is a unique Stress Management workshop (1 day) for 21st century urban life. The program blends Eastern and Western approaches (Modern Psychology, Yoga, NLP) to stress management. This is an opportunity to get initiated to processes that help you experience profound relaxation at mental, muscular and emotional levels. You will also be introduced to contemporary tenets and theoretical frameworks related to stress. Participants engage with questionnaire based tools and checklists to do stress profiling analysis for themselves. Learn proven techniques that help you to counteract stress and redirect your energy to meaningful pursuits in professional and personal life. This program is designed to give you the tools and skills to become stress-resistant amidst the pressures, insecurities and difficulties of modern life; Come, tackle life's challenges with verve and panache, and be a victor in life.



Benefits

- Take full Charge of your life and show stress it's place!
- Improved productivity in your actions with greater focus and reduced stress
- Improved quality of relationships (professional and personal) with reduced stress levels
- Pursue and achieve your most audacious goals with a calm and composed demeanour!
- Experience deep states of relaxation and improve your sense of wellbeing
- Handle life's challenges with poise and cool determination!
- Sleep better, and feel more relaxed, and recharge your life!

It makes no sense to worry about things you have no control over because there's nothing you can do about them, and why worry about things you do control? The activity of worrying keeps you immobilized.

– Wayne Dyer

For latest updates on upcoming course schedules and detailed information:

<http://www.elantattva.com/>

<http://enliven-yoga.com/>

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also includes:
CDs, Workbook,
Invitation to our online
community



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Topics	Details
Theory of Stress	Rustout to Burnout; Effects of Stress (Physical/Behavioural/Psychological)
Map your Stress Profile	Questionnaire based assessment of stress susceptibility
Your Personality/Behavioural Analysis	Questionnaire based assessment → personality type/stress susceptibility
Map your Stress Coping Profile	Understand your coping mechanisms @work and @home
Quick and Deep Relaxation Techniques	Yoga based relaxation techniques for muscular/emotional stress release
Breath based stress management	Master breathing techniques that support you in handling stress
Analyzing stressors	Use Influence/Control Map to analyze situations/things that cause stress
Gaining Resourcefulness (Visualization Exercises, Meditations)	Mind Programming to improve attitudes to stress triggers
Asana /Postures for stress management	Yogic Asanas and simple relaxation techniques
Yoga Nidra	For deep and profound relaxation at all levels

Suresh Sivaraman

Coach, Program Designer
Faculty, Activity coordinator
ANLP Certified NLP Trainer, ANLP
Certified Advanced Life Coach, Reiki
Master
MBA (PGSEM) from IIM Bangalore

Corporate Background (1998-2011):
Delivery Manager in Wipro Technologies
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Kiran Shetty

Coach, Program Advisor, Activity
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Yoga Instructors Course SVYASA Yoga
Univ., Bangalore; Teachers Training
Course, Bihar Yoga School; PG Diploma in
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Bangalore (Pursuing); Black Belt 3rd Dan in
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Corporate Background (2003-2011):
State Level Business Dev Manager in
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Kabir Ahluwalia

Coach, Program Advisor
Activity coordinator,
ANLP Certified NLP Master Practitioner,
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Corporate Background (2007 onwards):
Hotelier and Entrepreneur in Travel &
Tourism Industry