



# ELAN TATTVA



# Enliven Yoga

## Life Recharged

'Life Recharged' is a unique Stress Management workshop (1 day) for 21<sup>st</sup> 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!

### 1 Day workshop

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/>

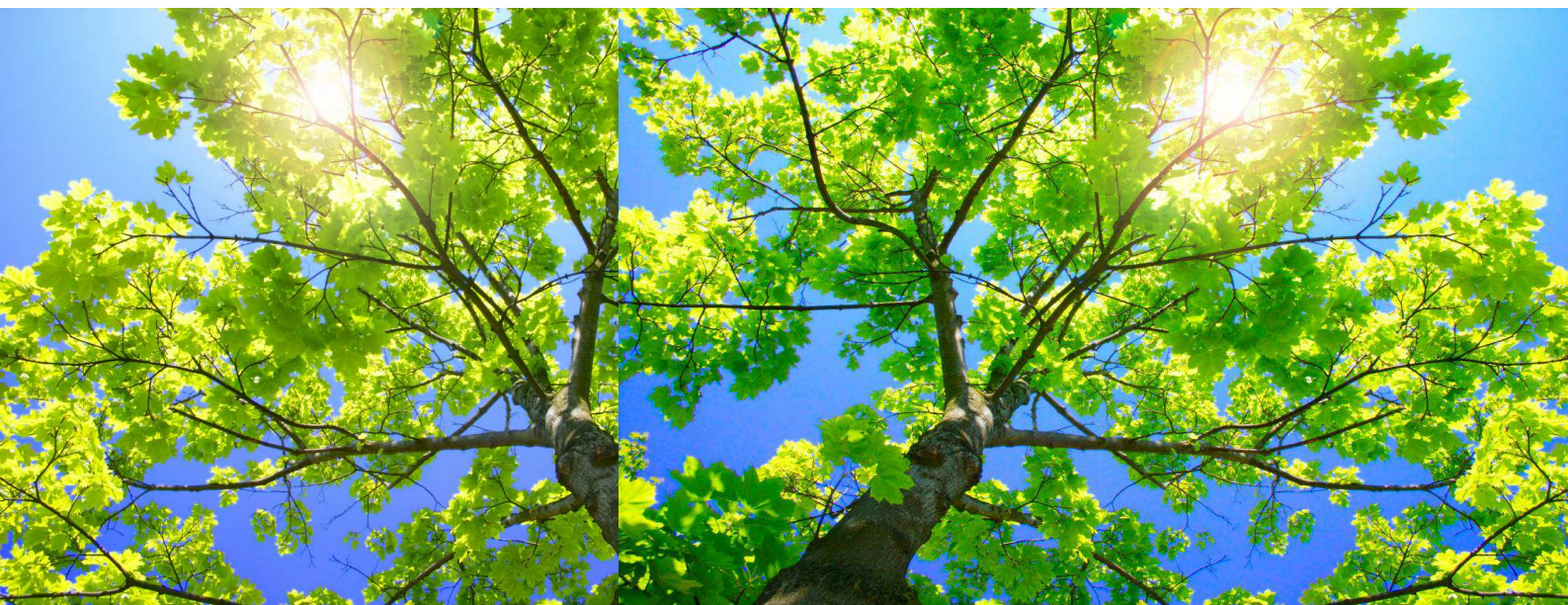
Call: +91 99722 97259; +91 96208 10505;  
Email: [elantattva@gmail.com](mailto:elantattva@gmail.com)

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



## ELAN TATTVA Enliven Yoga

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







## ELAN TATTVA

**Suresh Sivaraman** is the founder of Elan Tattva. He is a certified NLP trainer (ANLP India), Certified Advanced Life Coach, Reiki Master. He has done his MBA from IIM Bangalore (PGSEM) and B.Tech from Govt College of Engineering, Trivandrum. He has worked in the IT industry for 14 yrs, with 7 years in various Management positions in India and Europe. He has handled roles of Delivery Manager, Senior Project Manager, Onsite Manager for large programs in the IT industry. While designing the programs and courses at Elan Tattva, he has integrated his knowledge in NLP, personal development, coaching, and insights from his corporate experience in people management, mentoring, talent nurturing, and working across different cultures.

His passions include Inter Cultural Management, People and Process Management, Organizational Development, NLP, Transactional Analysis, Life Coaching, Reiki, Meditation, Tai chi, Yoga, New Age Music. He has conducted workshops and sessions in Bangalore on personal empowerment, law of attraction, meditations, one-one coaching.



## Enliven Yoga

**Kiran Shetty** is the founder of 'Enliven Yoga' and conducts yoga training, therapeutic yoga, yoga counselling and consultation for stress.

He is quite passionate about spreading the benefits of Yoga and Martial Arts. To realize this, he is actively involved in designing programs and workshops that integrate Yoga and Martial arts with principles of personality empowerment and modern psychology.

After completing his MBA, he pursued a career in banking and finance industry. During his stint in the corporate world, he has handled responsibilities including Sales Manager, Area Sales Manager and Branch Manager.

Kiran has always been a health and fitness enthusiast. His initiation to martial arts began at the age of 15. Martial Arts and Yoga have been an integral part of his life ever since. He holds a black belt in Karate and a silver medal at the National Level Karate Tournament. His desire to deepen and broaden his understanding of the theory and practice of Yoga eventually led him to quit his corporate career in 2011 and explore Yoga and Yoga Therapy at reputed Yoga Universities. In order to pursue his keen interest in understanding human behaviour and growth, he has attended a 6-weeks residential course in Psychology at the Indian Psychology Institute, Pondicherry.

