



# ELAN TATTVA



# Enliven Yoga

## Life Recharged

'Life Recharged' is a unique Stress Management workshop (1 day). The program blends Eastern and Western approaches (Modern Psychology, Yoga, NLP) to stress management. This is an opportunity to get initiated into 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 into meaningful pursuits in professional and personal life. This program is designed to equip you with 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 its 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

Theory of Stress

Map your **Stress Profile**

Your **Personality/Behavioural Analysis**

Map your **Stress Coping Profile**

Quick and Deep **Relaxation**  
Techniques

**Breath** based stress management

Analyzing **stressors**

Gaining **Resourcefulness** (Visualization  
Exercises, Meditations)

**Asana**/Postures for stress management

**Yoga Nidra**

### Details

Rustout to Burnout; Effects of Stress  
(Physical/Behavioural/Psychological)

Questionnaire based assessment of stress  
susceptibility

Questionnaire based assessment →  
personality type/stress susceptibility

Understand your coping mechanisms  
@work and @home

Yoga based relaxation techniques for  
muscular/emotional stress release

Master breathing techniques that support  
you in handling stress

Use Influence/Control Map to analyze  
situations/things that cause stress

Mind Programming to improve attitudes to  
stress triggers

Yogic Asanas and simple relaxation  
techniques

For deep and profound relaxation at all  
levels

#### Suresh Sivaraman

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ANLP Certified NLP Trainer, ANLP  
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Corporate Background (1998-2011):  
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#### Kiran Shetty

Coach, Program Advisor, Activity  
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