

Leading with CULTURE



Breathe-ology:

The art of conscious breathing

Join us for a **wellness webinar** on pranayama techniques to strengthen the connection between your body and mind.

Speaker

Gaurav Kumar is a level-3 yoga trainer and evaluator certified by Morarji Desai National Institute of Yoga, an autonomous organization under Ministry of Ayush, Govt. He has performed in several national and international theatre festivals and comes with 10 years of experience in managing and conducting corporate wellness programs.

Date: **20 August, 2021**

Time: **5-6 PM**

Use the mystical powers of pranayama to improve quality of life. It helps...

- Increase oxygen levels in the body
- Raise serotonin (feel-good hormone) levels in the body
- Alleviate problems such as insomnia, high blood pressure, and hyperacidity
- Solve respiratory problems and umpteen other conditions.
- Enhance cognitive performance
- Improve functioning of circulatory and respiratory systems

Accept the calendar invite from **ourculture@lenovo.com** and experience a holistic wellness experience!