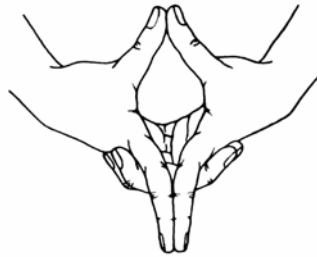


Simply Health
Corporate Wellness Services
A division of The Satyam Yoga School

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2009

Personal Mastery & Stress Management
Programmes and Services



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INTRODUCTION TO THE DOCUMENT

I thank you for your interest in reading this proposal. I am offering an opportunity for your company to personally benefit from the vast range of alternative and remedial Yoga programs that we have on offer. I am certain that in the future the use of yoga as a remedial therapy solution to resolve stress related health issues will be an inspiration to all South Africans. This document gives a basic outline of our services. The suggestions that follow are intended to provide a variety of choices with the possibility of us meeting at a later date to further discuss the services we offer.

Overview - This document outlines some of our yoga based services that are available as short and medium interventions or detailed workshops. Our services are aimed at providing easily accessible permanent solutions that address the issues of health and stress reduction within your company.

1. **Stress Reduction:** We can arrange for a workshop on stress reduction and host this workshop at our school or an alternative venue. These workshops could be financed directly by your company or advertised via your internal email to your employees as an independent service for which they would pay to attend.
2. **Trauma Support** – Our professional training in the application of specialised yoga techniques to facilitate the healing and recovery of any trauma related condition. These services do not replace counselling but will certainly facilitate and improve any established support currently provided for staff who have been subject to extreme trauma

3. **Business Meetings:** Strategy and other business meetings are often long and tiring placing additional stress on your staff who attends these meetings. Our services can support your business meetings.
 - a. Short and Medium Interventions to energize and revitalize the mind. We especially recommend the deep relaxation technique just before lunch or in the mid afternoon.
4. **Short Interventions** – Introduction to the practical application of yoga in the workplace. Intended for presentation in auditorium or conference room.
5. **Team Building** - Personal health and company health are interrelated. Individuals need to be given proper training in various aspects of physical and mental health.
 - a. We can adapt our yoga services to enhance any existing or future teambuilding programs you may have. We can also create a teambuilding workshop to suit your needs.
 - b. We can provide regular support to the employees by ensuring yoga classes are readily available for easy access by the staff.
6. **Motivational Talks:** Inspiration and motivation are the attributes of a true leader. Swami Yogasagar has a vast and colourful background that serves as a rich resource for expanding the wisdom and simplicity of the yogic view. Topics cover all aspects of motivation to work and participate in a unified cooperative team spirit. *(refer to pg 11)*
7. **Personal Private Training** –Executives and middle management can explore the practice of yoga with a personal yoga trainer at a time that suits their personal commitments.

8. **Health Workshops:** We can arrange for a workshop on any topic of health where the application of yoga to treat and manage health issues would be employed. Each workshop will have its own individual requirements however the following health issues can all be successfully treated by the specialized application of yoga as a remedial health solution. I suggest that we discuss your interests and areas of prime focus.

Stress – Trauma – Depression – Anxiety - Insomnia – Hypertension – Sinusitis - Tension

Headaches – Chronic Fatigue - Low Blood Pressure – Back Pain – Sciatica – High Blood

Pressure - Asthma – etc.

Outline of Health Management Course – The basic format for all courses will vary depending on the subject and relevant preparation. The purpose of each course is to provide the client with a clear understanding of the physical, emotional and mental nature of the health issue and to offer a very specific personal program of yoga, relaxation and mediation to facilitate rapid healing and restore the client to a balanced healthy state of vitality. The table below is a sample only

09:00	Introduction
09:10	Lecture on the Topic of Issue
10:00	Practical class
11:30	Open Forum to address Questions
12:15	Deep relaxation Technique

Long Term – The workshops will introduce the client to the basic practices but in order to ensure that the client continues to practice, a support program of 2 classes a week for 2 months is recommended. During the support program additional practices and adjustments to individual needs will be addressed.

BENEFITS

The benefits are immediate and felt by anyone who has experienced a yoga class.

- **Physical Health:** Release back pain and stiff shoulders with simple exercises that can be applied in the office. Yoga postures are designed to balance and maintain good health. They do this by activating the endocrine glands and improving the efficiency of all the systems in the body.
- **Emotional Health:** Experience long lasting relaxation and effective calming of the emotions with simple breathing and relaxation techniques.
- **Mental Health:** Improve concentration, memory and creative imagination with Mind Power and Meditation techniques
- **Relationships:** Conflict resolutions and communication skills with practical tools and application of theory. Yoga has a practical philosophy based on a deep understanding of the mind and its effect on the way we live in this world.

What Can You Expect - I am confident that given the opportunity to provide these services the immediate results will create the demand for a range of future courses. The general health and wellbeing of your employees will obviously result in less stress related illness and loss due to sick days. Health and wellbeing leads to an improved productivity and deeper commitment to the values of an enjoyable integrated work force

COMPANY PROFILE:

Simply Health is the corporate division of the Satyam Yoga School which is a leading yoga school in South Africa. Satyananda Yoga South Africa is a trademark of the teaching style represented by the Satyam Yoga School. You can view the schools web site on www.yoga.co.za. We are dedicated to the propagation of yoga as a remedial therapy and personal spiritual practice.

Founder - Swami Yogasagar is undoubtedly a senior and respected authority on yoga. He has gathered a dedicated team of students who have contributed to the establishment of the Satyam Yoga School. A biography is provided later in this document

Yoga For Everyone - General tuition in yoga exercise and breathing will benefit any member of the community. These classes are structured according to the experience and ability of the students and may include all or any of the following techniques.

- **Exercises** - that stretch and relax the physical body. They are introduced in four separate levels of Beginners, Progressive beginners, Intermediate and Progressive Intermediate
- **Breathing** - techniques to improve physical vitality and clear the mind.
- **Relaxation Cat Nap** - yoga nidra is a unique and specialized technique of increasing the mental awareness and creating a deep state of relaxation. We teach this technique in practical guided relaxation sessions and also by recorded tapes of voice guided relaxation

NOTE: Yoga Nidra is not the same as the general guided relaxation's available on the market. Yoga Nidra is an advanced science that makes use of archetypes and various awareness exercises to relax the body and the mind. Consider Yoga Nidra to be a form of transpersonal psychology where the teacher guides the client into a state of psychic awareness to release the deepest seeds of mental impressions.

- **Meditation** - Practical techniques of concentrating the mind and expanding the mental awareness. Meditation gives focus and concentration to the restless unstable mind. Beginners will be sitting 10 – 20 min while students with some experience will be able to sit at an intermediate level of 30 – 45 min. Advanced students may sit for up to an hour.

“Yoga is a practical and scientific approach to the health and wellbeing of the mind body. The chemistry of the body and mind are regulated and maintained by the effects of the yoga stretches on the endocrine system while the mind is cleansed and strengthened by techniques of relaxation, concentration and meditation”

Swami Yogasagar

YOGA THERAPY:

This department is very specialized and operates under the strict supervision of trained yoga therapists and myself. Treatments are given in the form of personal yoga programs designed to facilitate the client in healing.

Yoga and Health - The yoga perspective of health follows a holistic approach to health in which the body, mind and spirit are both integral and interdependent parts. The aim is to empower physical, mental and social well-being even under stressful conditions. Yoga philosophy is based on the principle that the mind is seeded with mental impressions that are responsible for the unstable mental and emotional energies that affect our health. Personal health issues arise from an imbalance between the energies of desire, emotional conflicts and physical activity. When harmony of the individual personality is lost we consequently suffer from psychological and psychosomatic problems. The yogic lifestyle in which a balance is sought in all areas of our personal life leads us to a state of health and harmony. Yoga can be seen as not only curative but also, and more significantly as a preventative science of health and well-being.

Yoga Therapy - The term yoga therapy is a new description for the application of several components selected from the science of yoga to treat chronic and symptomatic illness. When we apply yoga as a remedial therapy we look beyond the symptoms of disease for the basic underlying cause. This is a truly holistic approach, treating each person differently according to individual need and not merely treating the disease. Yoga understands that we require a holistic treatment based on the physical, mental, emotional and spiritual dimensions of existence. Yoga fulfils all these needs because it works on all levels.

Yoga is an integrated practical science offering a proven way to develop a greater understanding of ourselves. The process of learning to develop our wisdom and intellect is a complex journey. We are subject to the hidden emotions and patterns of thinking that cause us to create disharmony and common misunderstanding. The solutions to living with dignity and self-respect are subject to the inner nature of our personality. Each of us gradually learns to develop the growth of a harmonious lifestyle by transforming the behaviour of our mental, emotional and physical activities. This is the purpose of yoga. The individual is a complex multi-dimensional personality and yoga is the holistic science of self-integration.

Suggested Applications - Common ailments that can be successfully treated with yoga are listed below.

Insomnia, Hypertension, Low blood pressure, Stress, Depression, Anxiety Attacks, Asthma, Digestive disorders, Irritable Bowel Syndrome, Spastic colon and other stress related ailments

“The foundation of success is the ability to recognize and adhere to the disciplines that secure and maintain the integrity of our social and personal ethics. A mind that is focused and free of impurities such as doubt, deceit and procrastination will find satisfaction in success”

Swami Yogasagar

CORPORATE TOPICS:

If you are interested in presenting short lectures / practical sessions to increase awareness of the benefits of yoga then please be assured that I shall be happy to assist you. The list below contains some of the possible subjects on which I can offer detailed information and professional guidance. There is a definitive process for establishing the foundations of yoga practice and the public should be aware that their own self-empowerment is possible through yoga practice.

- **Yoga and Health:** Benefits of yoga and treatments for common health disorders
- **Office Exercise:** desktop exercise to release neck, shoulder and lower back pain.
- **Resolving Conflict:** Techniques to provide clarity and insight.
- **Mind Power:** Exploring the mind and developing concentration and memory.
- **Relaxation with Yoga:** Stress management and effective relaxation techniques
- **Yoga and Education:** Improve concentration and learning skills. Develop memory skills
- **Ethical Living with Yoga:** Understanding the need for personal values and social ethics
- **Spiritual Life:** Living a successful life with an awareness of the truth and power of Spirit
- **Teenagers and the Benefits of Yoga:** Yoga regulates the endocrine system and Hormones which provide harmony and balance during puberty. Treating hyperactive children with yoga.
- **Positive Ego:** self confidence with awareness of others needs and objectives. Yoga practice that strengthens awareness via listening and observation skills.

BIOGRAPHY:

There are very few yoga teachers who have dedicated themselves to the austerities and personal sacrifice of living with an accomplished yoga master. Any yoga teacher who has made that commitment is benefited with the wisdom of personal experience and their knowledge is a direct understanding of the inter-personal relationship between the body heart and mind. I offer you the following introductions to my teachers and myself so that you can be assured of my dedication and qualifications.

Swami Yogasagar Saraswati was born in 1954 and formally educated in New Zealand. His training in health and personal wellbeing began in India 1978 –1986 when he attended an intense residential course on the application of yoga as a remedial therapy. His mentor is the world renowned Swami Satyananda who founded the International Yoga fellowship and the Bihar School of Yoga (BSY). Swami Satyananda is recognised as the foremost authority on the science of yoga. The BSY publications are the corner stone of every yoga study as they are informative and practical in their presentation revealing the depth and complexity of yoga in the most simple and easy language..

Between 1986 and 1997 Swami Yogasagar travelled extensively through Europe, Turkey, Iran, and Asia exploring many modalities and training in various systems of body work and mind development. In 1998 he settled in South Africa and has committed himself to the teaching and application of yoga to address the special needs of all south africans in managing the extraordinary stress of coping with the demands and challenges that are presented to us in this country.

INVESTMENT:

Our rates reflect our professional approach and guarantee that the yoga you are investing in is fully qualified and competent. There are many yoga teachers available who may teach for a much cheaper rate but most lack the knowledge and skills that we provide. Please keep in mind that in South Africa there is no official governing body that regulates the teaching standards of yoga teachers in South Africa and because of the previous history all yoga teachers are either self taught or have been trained by teachers who are self taught. Swami Yogasagar offers his own personal style, personal attention and adjustment of each student so that they have the advantage of experiencing the feel and benefit of each and every posture. We offer you an international standard of professional teaching with access to a wide range of applications beyond the scope of a simple yoga stretch class.

The current trend to create an integrated approach to wellness within the corporate environment is still subject to the traditional systems of health. Even though there is an awareness of yoga the scope and vast range of applications of yoga available are still largely unknown. America is leading the world with yoga being taught in schools, prisons and hospitals. Volumes of scientific research have shown that yoga is a remarkable healer. Yoga has been proven to be a valuable and powerful way to effectively treat stress and all the inter-related health disorders that arise due to the demands of our modern lifestyle.

Fees – For rates pertaining to the Corporate Functions and Health Programs please request a current schedule of fees or a quote for your specific needs.

REFERRALS:

Thank you for your enquiry. Yoga can offer many alternative solutions to the demands and stress of a corporate work environment. The services offered below can be designed to suit your business and we can offer a presentation to facilitate any function or business need. We look forward to your further enquiries and hope to have an opportunity to serve your company in the future. I have inserted some references of previous customers that you can call.

Previous Clients: You may contact any of the directors below and their companies for a referral.

- Dr Mark Kahn Director of Resolve Encounter Consulting
Mobile: 0829205652 **Web Site** www.encounterconsulting.co.za

- Mr. Ian Mann of Gateway Business Consulting
Office Phone: (011) 788 8903 **Mobile:** 0824485853
Email --- ianmann@gateways.co.za **Web Site:** <http://www.gateways.co.za>

- Ingrid Hurwitz FNB *Transformation and Sustainability Unit*
Office Phone (+27) 11 3717351 **Cell:** (+27) 82 337 7266 or
Email: ihurwitz@fnb.co.za

- Ilse Claase FNB Card Business & Product Development
Office Phone (011) 371 1693 **Email:** iclaase@fnb.co.za

- Barker Insurance Brokers ---- Bev or Ken Barker
Office Phone (011) 8802610 **Mobile Phone:** 083 676 0838

- Bairds Business Events and Marketing --- Mr. Alexander de Coning
Office Phone: +27 (0) 11 504 4000 **Mobile Phone:** +27 (0) 83 272 6384
Email: Alexander@bairds.co.za