

Shahzadpur Farm Yoga

Corporate Yoga



About Us



We are committed to making yoga accessible, comprehensible to the working employees across all domains and Industry.

We have experience of about 12 years in designing and delivering yoga sessions to corporate employees. Our yoga sessions are designed to align the ancient philosophy of Yoga to the needs and requirements of today's work force across all levels.

Based out of Mumbai, Bangalore, Delhi, and Chennai we can cater to office yoga requirements for all locations pan India and abroad.

How We Do it

Certified and Experienced Trainers:

Our Trainers are certified in teaching yoga for more than 900 Hrs from the reputed yoga institutes in India. They understand all the nuances and technicalities of teaching yoga to corporate employees.

Link Yoga Concepts and Techniques to Everyday office work Life:

We are trained and skilled at breaking the complex yoga concepts and techniques into easy to comprehend bits which can be easily absorbed on account of being relevant to daily work life.

Our teaching methodology is particularly designed to generate interest and inquisitiveness in the learner's mind to experience and want more.



Our Office Yoga Sessions

Stress Management



We teach Pranayamas and relaxation techniques along with coaching on managing daily stressors in one's life

Yoga Meditation



Techniques to improve focus and concentration for increasing productivity.

Chair Yoga



Yoga techniques are customized to using the office space optimally while keeping the traditional benefits intact.

Some of our Elite Clients

NIIT

Wipro

Reliance Finance

Annet
Technologies

IOT Infrastructure and
Engineering Services

Bonanza Financial
Services

Hindustan Uniliver Ltd

Diversy (Air Seal)

Mahindra & Mahindra
Ltd

Trainers Profile



Name; Randeep Singh

Qualification: Certified for 900hrs from the oldest Yoga Institute in the world: The Yoga Institute, Santacruz east, Mumbai.

Randeep is a Post Graduate in Mass Communication and certified in Yoga for 900 Hrs. He is a creative thinker, and has a knack for connecting with people easily.

He is an excellent facilitator and possesses a deep understanding of how to break and logically sequence abstract concepts like yoga for easy comprehensibility on the learner's part.

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