



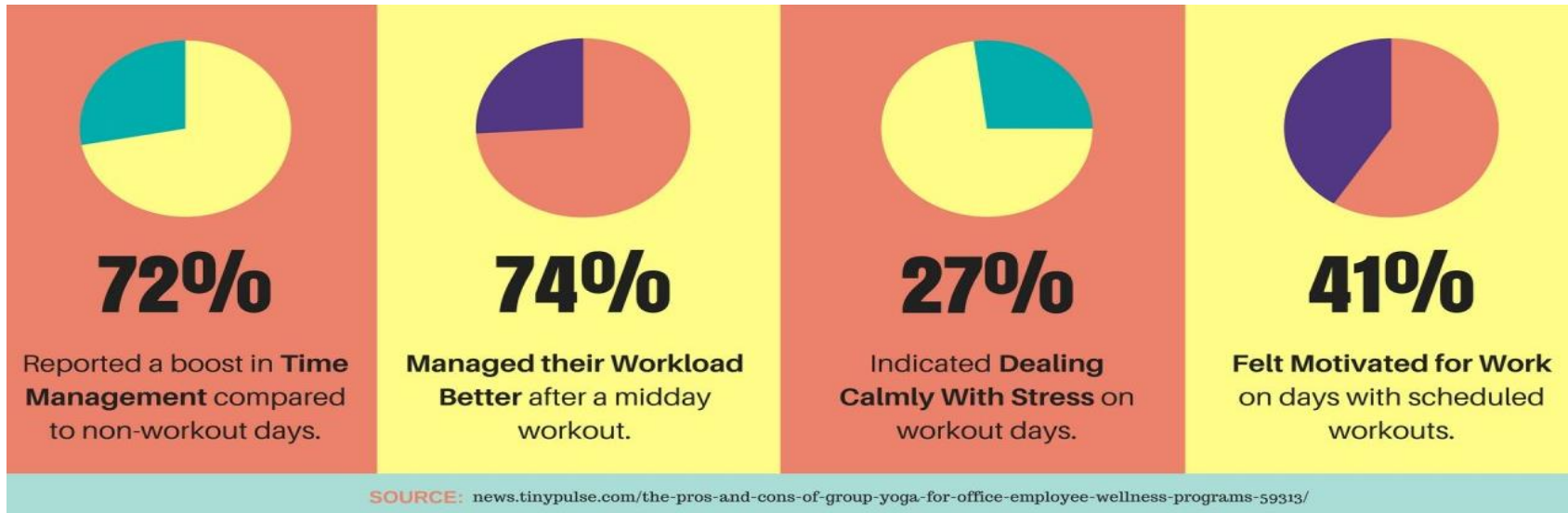
# Corporate Wellness With Yoga

**Ayurveda | Yoga | Chiropractic | Hijama | General Medicine | Beauty & Slimming | Salt Room**

Villa 11, Marfa Al Bateen Street, Bateen, Abu Dhabi

# Benefits of Workplace Yoga

- Increase in flexibility and agility
- Improved resistance to sickness
- Reduce anxiety and stress and improve concentration thus enhancing productivity
- Reinforces positive energy and minimalizes health risks, that would otherwise be common.
- Exercising together builds bonds and fosters closer relationship between colleagues, thus creating a fortified workforce



# What we offer

## Corporate Yoga Wellness



Our Corporate Wellness program focuses on yoga suitable for everyone. We strongly believe that yoga has the power to cleanse the mind, body and spirit and our program reigns it in the best way possible!

An end to a long day, or a happy break in between – a good session with our expert trainers would not only leave your employees energized but also infused with the right amount of confidence and positivity.

Regular practice of yoga improves posture, body balance and reduce stress, thus molding their personality.

A calm and happy employee is the key to a successful workplace- and we aim to give you just that!

## Mindfulness For Corporates



Demands and challenges are mounting and so are workplace stress levels. This may result into decreased productivity, reduced efficiency and creativity thus channeling increased absenteeism and eventual burnout!

To tackle this, your employees need something special – intensive mind healing!

Our Mindfulness program takes them out from a whirlpool of stress, confidence issue and / or any other mind woes, and helps turn the negative to positives, thus healing creatively. Mindfulness creates a balance. Stress levels reduce, emotions are better controlled and multitasking becomes easy. It also helps the employee stay focused and patient, widens scope for understanding, thus resulting in an overall growth!

## Corporate Yoga Retreats



Same faces, same spaces may get a tad boring after a while. With our corporate yoga retreats, we take you away from the regular!

With a long list of locations to choose from and a wide range of activities to do, our corporate yoga retreats are both effective and fun. Ranging from 3 to 7 days, these retreats would include meditation, breathing tricks and yoga in equal proportion.

Lead by an expert teacher, a Lifestyle Corporate Yoga retreat is bound to leave you refreshed, rejuvenated and gaping for more!

## Corporate Yoga Day-Outs



There is no better way to energize your team than getting together for a team activity that refreshes their mind like yoga!

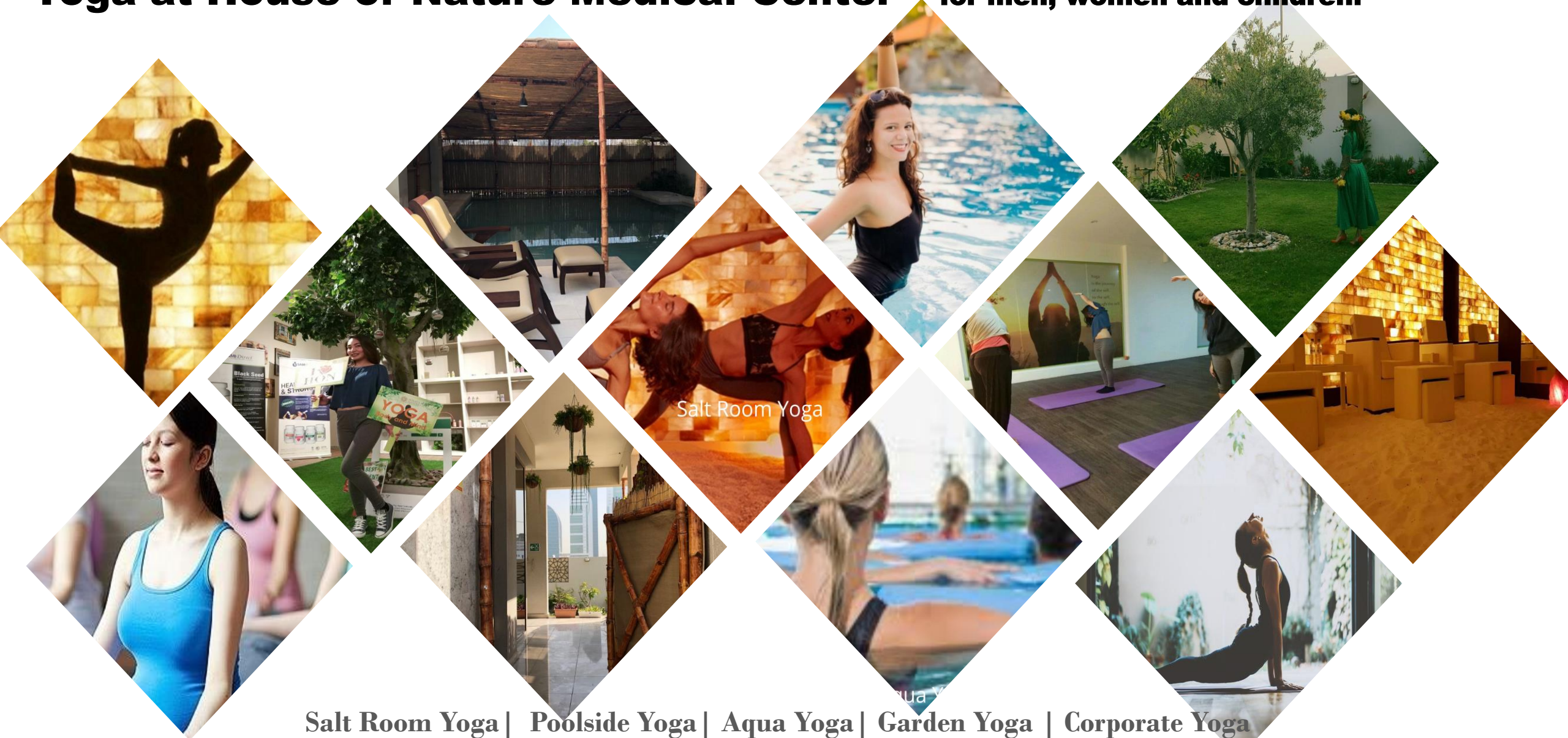
We offer team yoga day-outs where you and your team can enjoy a range of wellness activities on the mat.

Yoga activities are offered in our Poolside Studio, Salt Room and outdoor garden.

Call/Whatsapp us on 050-6620584 to find out more!



# Yoga at House of Nature Medical Center – for men, women and children!



**Salt Room Yoga | Poolside Yoga | Aqua Yoga | Garden Yoga | Corporate Yoga**  
**Pre, Post Natal Yoga | Therapeutic Yoga for Diabetes, PCOD | Stress Management | Sciatica**

# About House of Nature Medical Center

House of Nature (HON) is a premium holistic alternative medicine and natural therapy centre located in Al Bateen, Abu Dhabi and licensed by Abu Dhabi Department of Health (DOH).

HON offer the best of natural therapy services, such as

- Ayurveda
- Yoga Therapy
- Chiropractic
- Hijama
- General Medicine
- Beauty & Slimming Services
- Salt Room Therapy

Our facilities include the first Salt Room in Abu Dhabi, Aqua Therapy Pool, Lush garden areas, VIP Treatment Rooms for men and women and Retail store for natural products and supplements.

