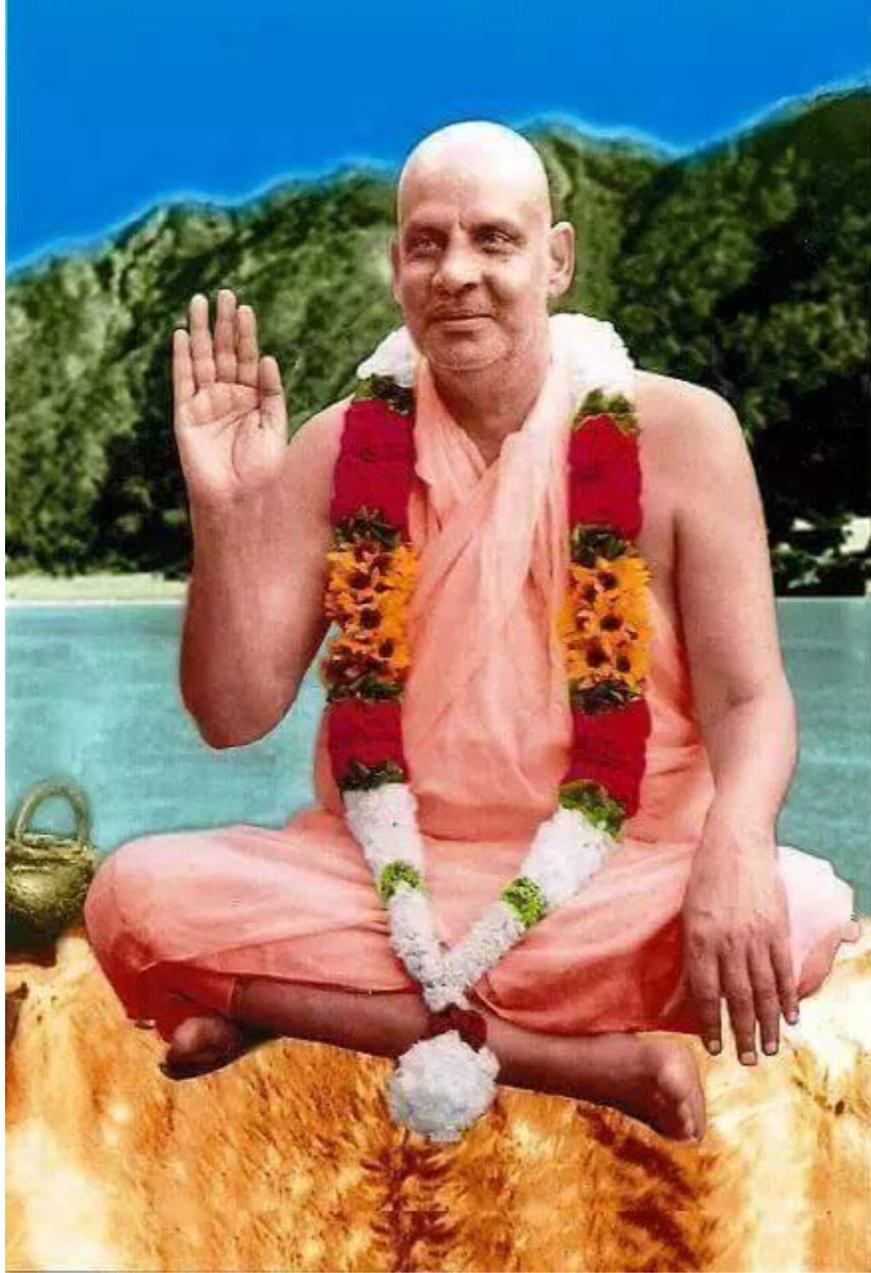


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SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



(Serve, Love, Give, Purify, Meditate, Realize-Swami Sivananda -1887-1963)

THE NEED- WORK-LIFE BALANCE

INTEGRAL YOGA

Due to the modern life and work culture, we started undergoing a stressful life and finding difficult in balancing work –life.

Is there is any way to balance work-life?

YES. The best way is to do INTEGRAL YOGA. It will help you to adopt a perfect work life balance.

The practice of mind-body connection will helpful to reduce stress, blood pressure, other health issues and also helpful to improve work performance as well as the slowdown of ageing process.

Few Tips for Work- life Balance

- 1. Right way of Exercise.*
- 2. Right way of Breathing.*
- 3. Right way of Relaxation.*
- 4. Right way of Diet.*

5. *Positive Thinking and Mediation.*

6. *Plan your Priority.*

7. *Periodical Health Check-up.*

8. *Stop being a workaholic.*

9. *Lead a simple life.*

10. *Family get- together.*

Do you feel you are too busy on your day to day life and there is no time for thinking about yoga or good health practices? Well, please consider yoga because, yoga is just right for you! It is simple and it can be adopted in your busy schedule.

For working professionals, it is easy and just spends 15 minutes of the day for yoga practices. Investing in yoga leads to good health and happiness for future. In between your daily routine, just spend a few minutes in the morning to relax your body and mind with yoga.

Simple Yoga Plan for your Daily Practice:-

- 1) *Warm-up Exercises.*
- 2) *Surya Namaskar.*
- 3) *Simple Breathing Exercises.*

In this regard, please contact me or yoga professionals to guide you easily. Always learn from Yoga Gurus or Teachers professionally.

Lead a natural and simple life.

Take simple food that is suitable to your system. You should have your own menu of Sattvic diet to suit your place. You should not crave or slave for any particular diet. Simple, natural, non-stimulating, tissue-building, energy-producing, non-alcoholic food and drink will keep the mind calm and pure .Take Vegetables, Fruits, Nuts, Cow's Milk, Curd, Cream, Cheese, Butter, Honey, Dates, pulses and natural drinks etc., to take care of body and Mind.

Few Tips for Healthy Food:-

- 1) *Have Sattvic Food.*
- 2) *Have Green Leafy Vegetables.*
- 3) *Drink Adequate Water.*
- 4) *Take Balanced Diet-Enough Protein food and Low fat Diet.*

- 5) *Chew your food.*
- 6) *Do not take fast food and soft drinks.*
- 7) *Practice Silence & Concentrate on food while eating.*
- 8) *Breakfasts are very important and eat like a king.*
- 9) *Do fasting on periodical time & which suits to your lifestyle.*
- 10) *Eat like a beggar in the Night.*

Don't worry and be happy. Make others happy.

For further details, please contact *SIVANANDA YOGA KENDRA, INTEGRAL YOGA,*

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