



YOGA VIDYA

Have you experienced any of these?

- Do you find your employees in stress and being unable to cope?
- Do you have a capable team with all the right intent, but are still ineffective?
- Do you wonder how they may unleash their creative potential, with ease?
- Been to a yoga session where you went from pose to pose without the correct alignments? Did that leave you tired and sore? Did you hope to heal from an injury and yet come out of it exacerbating the condition?

Ever wonder how it could all be different?

At Yoga Vidya we strive to personalize yoga for you, the way it was always meant to be.

YOGA VIDYA

YOGA FOR CORPORATE EMPLOYEE HEALTH AND WELLNESS

- An expanding clientele spanning the USA, EU, Canada and India
- Flexibility in scheduling
- Practice at home/workplace with experts (on zoom)

APPROACHES

- Personalised yoga programs for strength and flexibility
- De-stressing and uncovering creative states of mind
- Gradual approach to mastering postures including inversions
- Breathing exercises (*Pranayama*)
- Sun salutations (*Surya Namaskar*)
- Deep relaxations for creativity (*Yoga Nidra*)

Yoga Vidya

FREE THE MIND | BODY

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[yoga_vidya_co](https://www.instagram.com/yoga_vidya_co)

Please feel free to visit our studios and/or have a video chat with our teachers. We are here to help.

summer 2022

FOR MORE INFORMATION PLEASE VISIT
WWW.YOGAVIDYACO.COM

Corporate Employee Health & Wellness Program Structure

Every client first has a consultation and a wellness assessment. They are then given one-on-one personalised instruction in one of three broad categories:

Prarambha | Orientation

These lessons gently allow clients to learn the basic yogasanas and yogic breathing techniques that safely build and solidify learning. Postures and sequences are client-specific.

Madhyama | Immersion

These lessons are for intermediate practitioners and develop confidence in holding the postures. Emphasis is on inverted postures,

Uttama | Advanced

These lessons are for experts. Variations on postures, and other advanced, difficult postures will be taught with significantly longer holding times and advanced breathing techniques.

Clients are then transitioned into very small group sessions, but only after sufficient progress. This approach ensures a deeper level of personalisation and vastly improved outcomes.

Meet our teachers



Srinath Rangarajan

The Founder and CEO, Srinath Rangarajan Ph.D., is a senior scientist with a research career spanning decades in the pharma/diagnostics industry and academia. He overcame several health issues and injuries solely through a daily regimen of yoga and is passionate about helping clients achieve their optimal health and well-being.



Manasa Ramachandran

Manasa Ramachandran has a two year post graduate degree in the theory and practice of yoga. She is committed to yoga, especially its therapeutic aspects and is currently managing India operations.

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YOGASH CHITTA VRITTI NIRODHAH

YOGA REMOVES MODIFICATIONS OF THE MIND

Client Testimonials

"My yoga lessons with Sri are a weekly reset for me and bring my body and my health back into focus. Sri has an amazing ability to connect with you where you are and build you up gradually. His dedication to making the practice a part of one's life is inspiring – and in a way that makes it seem within reach, no matter where you are in your practice. This is a true gift."

- Shantanu Singh Ph.D., Broad Institute of MIT and Harvard, MA, USA

Yoga Vidya aims for a paradigm-shift in the practice and teaching of Yoga.

"I am a yoga novice and couldn't have found a better teacher than Srinath. Concepts in Yoga are vast, and Srinath has done a phenomenal job in breaking it down to bite sized pieces and feed it bit by bit - his knowledge, patience, techniques and customization have had a tremendous impact in how I see and learn the practice of Yoga. I look forward to his Zoom sessions every week and walk away refreshed. Srinath also sprinkles his knowledge about Yoga through the sessions, breaks down the lessons so that he can monitor progress effectively and course-corrects along the way. I highly recommend Srinath's yoga sessions."

- Prasanna Sridharan, CEO, 159 Solutions, CA, USA

"The best thing I ever did for myself. I joined the class casually and did not realize how much it would end up helping me. The instructor's depth of knowledge, dedication and passion for yoga shows in every class. I feel the instructor actually cares for your well being. I do not plan to stop anytime." - Chitra Aravamudhan, Dallas, TX, USA

Client Testimonials

"I've been a student of Yoga Vidya with Srinath as my instructor for close to 18 months now. I've had an incredible experience all along and seen some significant changes over this time. My body has certainly shown that it can be flexible to greater degree than my understanding of its limits. I feel proud of the continued progression I am making in gaining more balance, increasing my holding duration in postures and making minor adjustments to continually improve the quality of the asanas. My confidence to maintain a discipline around sticking with a program and ensuring I'm practicing something I take on has naturally grown over time. My interest to try new poses has increased as I've seen going from not being able to do a pose to being to complete it and see that this shift occurred over a few months. This was true for some hard poses like head stands and long cycles of pranayama which boosts your confidence and satisfaction. Srinath is an amazing, devoted, friendly and disciplined yoga instructor who is very patient and thoughtful in his approach to coaching. He is right there to celebrate successes with you and gives valuable feedback throughout the session. His encouragement and insights when you are not successful in your attempts are priceless and help you regain confidence quickly. I highly value the time I spend on these sessions with Srinath and would definitely recommend his classes." - Harihar Sivanandh, Vice President, Liberty Mutual, Boston, MA, USA

"Yoga helped me realize the true meaning of the statement - 'Focus on the process and results will follow'. Some days I am able to go deeper into a pose. On some others, I can hardly stretch. I slowly learnt how to not be aggressive and still give it my best. Surprisingly, I was able to go deeper into the poses overtime. I am now applying this learning to all aspects of life. Yoga improved my overall flexibility. I can sit longer without any back pain. I can read longer without any neck pain. Doing the extended 15 min of relaxation at the end helps my brain calm down. I sleep deeply on the days I practice Yoga. I know that it's 5 pm when I see Srinath on Zoom, he's super punctual. His instructions are clear, and he's good at catching and correcting mistakes quickly. He explains the why behind every pose, which helped me practice it consistently." - Janardhanan Vembunarayanan, Sunnyvale, CA, USA.

Client Testimonials

"The sessions with Srinath are very laid back and feel like a journey of discovery together into Yoga rather than one being driven between a student and teacher. Srinath tries his best to personalize the overall session to my individual needs and his focus continues to be about the specifics of imparting a solid foundation for the individual. I am also learning to follow Srinath's advice on not having specific postural targets but rather than on the consistency of practice alone driving any progress - Srinath's frequent reminders serving to counter-balance a lot of what one may intuitively assume progress is about. Finally, his flexibility and ethos, combined with his experience make learning the practice under him an overall pleasant experience." - [Madhu Sridharan, Hamburg, Germany](#)

