



Mind Body Yoga

About Us

Mind Body Yoga, a peaceful, community-oriented, environmentally conscious space open to people of all walks of life, was created for anyone who wishes to go deeper into the foundations of yoga and mindful living through a gentle, restorative practice. Our classes cater to all levels of experience and fitness - whether you're new to yoga or a seasoned practitioner, we have a class and instructors to

meet your needs and wellness goals. All our teachers are dedicated to ongoing research in order to improve techniques and have a better understanding for how to achieve results.



Yoga is truly a journey, and it's an honor to walk with you along the way. We look forward to seeing you on the mat. When off the mat, we want you to feel the joy and the peace, with your new-found awareness of body, mind and spirit.

Our Program for Corporates

We conduct weekly Yoga and Meditation classes and Leadership retreats.

The yoga classes range from gentle restorative classes to active hatha classes; while the meditation classes range from *Yoga Nindra* to Mindfulness based practices. With a keen awareness of the participants' needs we send the right teacher to your facility every week to help the participants at the physical, mental and energy levels.



Our Leadership Retreats are 2 to 3 days getaways for the Senior Executives,



where in we start with exploration of self in the universal context. From there we define the shared values and shared inspirations with a true identity of the Organization DNA. We help you delve into formulating the unique strategy and common goals. All the leaders do this using the principles of universal betterment, stakeholder empowerment and self-motivation. During these two days, we intersperse asana, pranayama and meditation to allow for the body, mind, spirit to work in unison.

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Our Program for Hospitals and Wellness Centers

Increasingly scientific evidence* is coming forth; how yoga works towards complementing Western Medicine. Patients are not only experiencing pain relief, but also able to show signs of recovery faster. They are living longer, more fulfilling lives; in many cases able to do things which they believed they will never be able to do again.

We at Mind Body Yoga want to complement your efforts in enabling your patients to get better results. We offer a unique blend of restorative yoga, gentle breathing, meditation and chakra work to allow your patients to experience comprehensive health package.



We work hand in hand with the Medical Practitioners, Nutritionists, etc. to give the patients the best ecosystem of recovery. Our instructors have been working with patients with Heart Conditions, Breast Cancer, Ovarian Cysts and more.

Formats for Health Facilities:

- Weekly Classes
- Workshops for Stress Management
- Working on Awareness Campaigns and Projects

*American Cancer Society, * Dr. Dean Ornish Studies

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