

# Mystic Yoga

[www.mysticyogastudio.in](http://www.mysticyogastudio.in)

# Introduction

Mystic Yoga aims to provide practical tools to individuals that can be utilized to reduce their stress levels, have wide ranging impact on their physical health and emotional wellbeing. Not only does it help them get away from the maddening schedule of day to day work, it also motivates them to go back and lead their life with more focus and energy.

# Activities

- We are providing a variety of handles for people to latch on to wellness
  - Yoga Studios
  - Corporate Programs
  - Yoga Retreats
  - Mystic Yoga Café – a health food Cafe
  - Mystic Yoga Magazine



# Mystic Yoga Studio

- A place to reclaim your physical health and mental and emotional wellbeing. In our studios we teach Yoga and Meditation in its purest form. And also help you understand how food impacts you at various levels.
  - 3 Yoga Studios spread across Calcutta.
  - At Saltlake, Lake Avenue & Camac Street.
  - More 800 active members.
  - 100 + Yoga sessions in a week.
- To know more visit [www.mysticyogastudio.in](http://www.mysticyogastudio.in)

# Mystic Managers

Our corporate programs are unique. We provide tools that can be put into practice on a day to day basis . Improve your workplace EQ. Introduce Mystic Yoga.

## Corporate Programs

1. Corporate Yoga Sessions (Weekly 2 – 3 sessions)
  2. Short Seminars ( 60 – 90 min sessions on Yoga, Meditation or Wellness)
  3. Stress Management Workshops (8 – 16 Hours)
  4. Stress Management Retreats ( 3 – 5 Days, Outbound)
- *Know more about our corporate programs at [www.mysticmanagers.com](http://www.mysticmanagers.com).*

# Mystic Yoga Retreats

- A well-orchestrated yoga retreat is a vacation of self-discovery; giving participants an opportunity to renew their mind and body experience.
  - Retreat Locations : Sikkim, North Bengal
  - Duration 3 – 7 Days
  - Join us for a pre scheduled retreat or
  - Organize a retreat for your employees, friends or family.
  - Know more : [www.mysticyogaretreat.com](http://www.mysticyogaretreat.com)

# Mystic Yoga Café

This café is an extension of Mystic Yoga Studio, in other words extension of our passion for yoga practice and health care beyond our mats. Mystic Yoga Café is an amazing place to relax in a positive and energizing environment.

- Breakfast, All day Mains, Juices & Salads
- Lunch Boxes
- Healthy Gift Options

**20A, Camac Street, 2nd Floor Calcutta - 16, India**

- Open 9am – 9pm

# Mystic Yoga Magazine

- A monthly magazine dedicated to yoga, health, diet, nutrition, fitness, wellness and inspiration for daily life. We will strive to present Yoga and related philosophies in a modern day perspective, keeping the essence of these philosophies in their entirety and antiquity. Mystic Yoga Magazine will be available for sale at all our studios & café and also at newsstands.
  - Individual Subscription
  - Institutional Subscription



# Recent Corporate Clients

<b>Capgemini</b>	<b>RBI</b>	<b>VLCC</b>	<b>IXIA</b>
<b>CESC</b>	<b>PWC</b>	<b>RPEG</b>	<b>REBECCA</b>
<b>Unicef</b>	<b>The Max Foundation</b>	<b>Empowerment Associates</b>	<b>Balaji Solutions</b>
<b>Bharti Axa Life Insurance</b>	<b>ABP</b>	<b>KIWC</b>	<b>Apollo Hospitals</b>

Testimonials and references can be rendered on request

# Know us Better

Photographs of our classes, corporate workshops & retreats tell a story. Look at innumerable photographs on Facebook to get a feel of what we do.

[www.facebook.com/mysticmanagers](http://www.facebook.com/mysticmanagers)



# Call us for a Presentation

Contact Abhishek for a formal proposal or call us over for a presentation to explain Mystic Yoga in detail and in person.

Abhishek can be reached at: +91-9748649047  
or [abhishek@mysticmanagers.com](mailto:abhishek@mysticmanagers.com)



Thank You for your time!

