

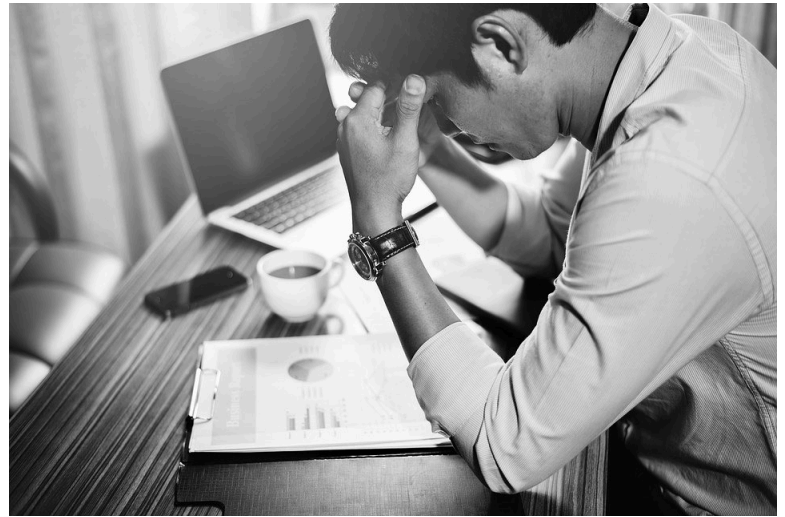


Inspire Yoga HK

EMBODIED TRANSFORMATION  
INPOWERED LEADERSHIP COURSE  
12 WEEK IMMERSION



# MINDFULNESS IS THE CORNERSTONE TO RESILIENCE



Can you recognize the signs of burnout? Are you feeling exhausted and irritable? Is your momentum sustainable?

Enhance your adaptability to thrive, lead and inspire in this current time of fast paced change and global uncertainty

- Learn how to balance energy levels and release physical tension
- Learn how to have meaningful conversations to create a supportive workplace culture
- Learn how to be focused, calm and emotionally centered

# INPOWERED FRAMEWORK

MINDFUL LEADERS CREATE LASTING IMPACT

Intentional Reprogramming



Supported Change

Pattern Recognition

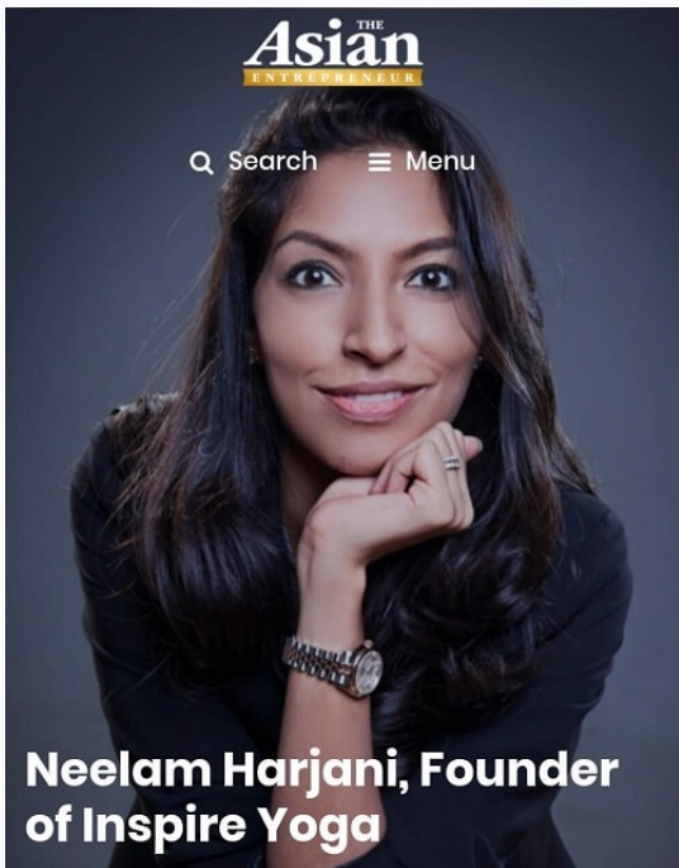


# EXPERT FACILITATORS

DIVERSE POOL OF TOOLS AND TECHNIQUES

METHODOLOGY OF EXPERIENTIAL LEARNING

Courses are personally conducted by  
Neelam Harjani, Founder of Inspire Yoga



- ✓ Author of Amazon Bestseller- My Voice
- ✓ HK's Corporate Wellness Ambassador, Liv Magazine
- ✓ Appointed on Advisory Board for HKSAR Gov
- ✓ 20 Years Practice Experience in Yoga, Mindfulness and Breathwork
- ✓ Facilitates to Spark Enquiry and Action
- ✓ Address and Reprograms root causes of stress
- ✓ Programs Geared for Systemic change
- ✓ Previously Investment Banker

# MINDFUL DISCOVERY



## CONVENIENT

Supportive structures of in person learning in the office as well as independent online practice



## CUSTOMIZED

Pragmatic learnings, experiential shifts and deep reflections all built in for the process of transformation



## CONNECTED

Thematic of mindfulness covered to enhance personal wellness and interpersonal relationships



# EMBODIED EXPERIENCES



MINDFUL  
RELAXATION

TRUST BASED  
COMMUNICATION

12 PILLARS OF  
PURPOSE

EMOTIONAL  
INTEGRITY  
FRAMEWORK

MOVEMENTS TO  
RELEASE TENSION

SELF-  
COMPASSION  
AND ACCEPTANCE



# TRANSFORMATIONAL WORKSHOPS



Clarity on Purpose  
and Priorities

Discipline as the  
engine for change

Setting an  
intentional vision

The role of  
Acceptance,  
Expectations and  
non-judgement

Perfectionism and  
the mindset of  
mastery

Clearing past  
conditioning to  
release stress

Cultivating  
resilience to  
withstand adverse  
situations

Effective  
communication,  
leading with Trust

The Power  
empathetic  
listening, presence  
and direction

Seeking social  
connection for  
peaceful problem  
solving

Experience  
belonging to a  
bigger support  
system

Empowered Action,  
Inspired change  
through  
mindfulness



AS FEATURED IN



VOGUE

HONG KONG  
Tatler

THE  
Asian  
ENTREPRENEUR  
CONNECT WITH ASIA

Time Out  
Hong Kong

HK  
MAGAZINE

Sassy  
HONG KONG

Liv.  
HONG KONG'S WELLNESS MAGAZINE

THE  
List.

THE HK  
hub  
www.thehkhub.com

NOTABLE CLIENTS



Goldman  
Sachs

SHANGRI-LA  
HOTELS and RESORTS



CITADEL





# IMMERSIVE LEARNING



## ***SKY BREATHWORK COURSE***

The goal of the 3-day breathwork program is to give you the skills, support and training to continue using these powerful breathing techniques in your everyday life. Research shows your cortisol levels can reduce by over 50% on the first day you practice and will continue to improve if you keep practicing. We'll teach you a simple, effective home breathing practice you can do each day to release stress and start every day afresh: with clarity, calmness and confidence.

Quickly and Effectively Reduce Stress

Build Resilience by understand the mechanics of the mind gives a greater perspective on life. This enables you to not get bothered by issues that can be triggers for stress, frustration, impatience and irritability.

### RESEARCH RESULT KEY FINDINGS

**Deep Sleep**  
Increases

**218%**  
INCREASE  
IN DEEP SLEEP



**Well-Being**  
Hormones Increase

**50%**  
INCREASE  
SERUM PROLACTIN



**Stress**  
Hormones Decrease

**56%**  
REDUCTION  
SERUM CORTIZOL



**Depression**  
Decreases

**70%**  
REMISSION RATE  
IN DEPRESSION in 1 mo



*Lower Your Anxiety 44%”*

# REFLECTIVE LEARNING

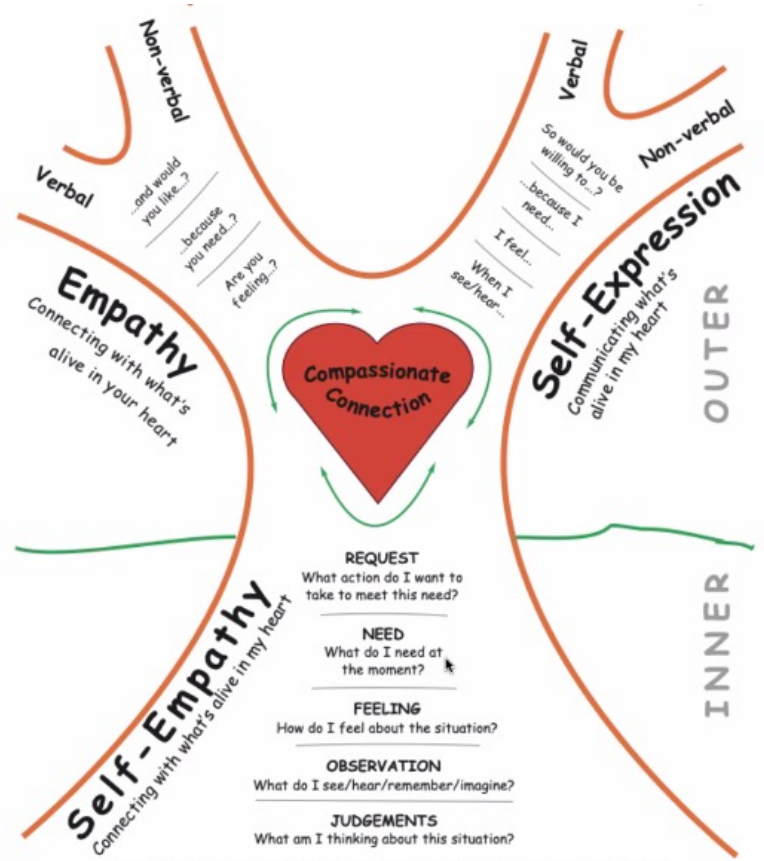


## TRANSFORMATIONAL WORKSHOPS

In a cross industry online survey coordinated by Harvard business review with more than 10,000 participants, survey respondents spend 42% of their time on internal issues- resolving disputes, wrangling resources, attending meetings, negotiating targets and the like. Most insular are executives in large companies, who devote nearly half their time to in house matters; draining time, energy and strategic performance.

The topics to be covered over the interactive 6-month program are as follows:

1. Establishing our sense of purpose
2. Self care as a reflection of self compassion
3. Setting the intention to model balance at work and home
4. Acceptance as the first step to transformation
5. The dark side of perfectionism
6. Clearing limiting beliefs programmed in the past
7. Using empathy to create connection
8. Moving from ego-system to eco-system
9. Framework of emotional stability
10. The continuum of trust and control
11. Creating a culture of support and encouragement
12. Speaking with authenticity and leading with inspiration





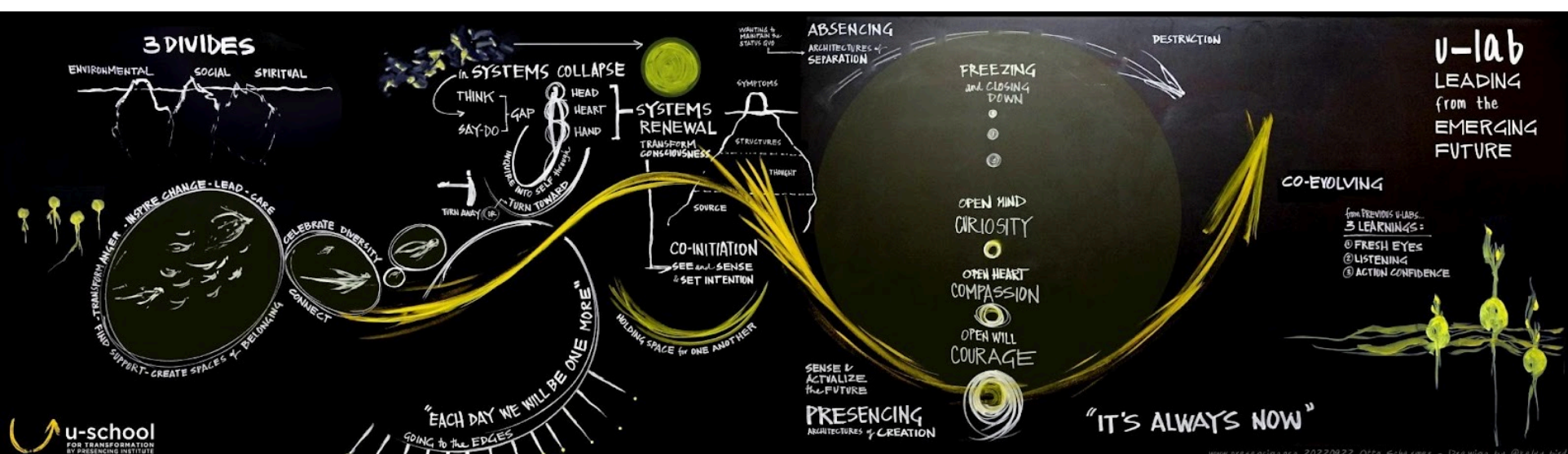
# COLLECTIVE LEARNING



## COACHING CIRCLES

The peer coaching process is designed to identify innovative solutions and next steps for addressing a pressing and immediate leadership challenge. In the weekly coaching circles we focus on real-life application of the techniques. Each week one person from the coaching circle will present a case, and peers or team members act as coaches, based on the principles of the U-process. This peer-learning process can be used to address challenges where the case giver is the main decision maker. It can build a high level of trust and positive energy among a peer group and can be combined with mindfulness and listening practices for maximum effect.

- **Be specific.** The case should present a leadership challenge that is current and concrete.
- **Include a decision maker.** The case giver needs to be a key decision maker in the case.
- **Reinforce peer relationships.** The participants in the coaching circles are peers, so there is no hierarchical relationship.
- **Practice listening.** Coaches don't give advice; instead they listen deeply.



# INPOWERED PROGRAM



**“Choose to participate in the healing process, our capacity to destroy one another is matched by our capacity to heal one another.”**

We take a holistic approach to corporate wellness. Mind body connection, neuro-linguistic patterning and ancient philosophy are integrated to establish a supportive solution of mindful balance to the ever-increasing pressures of modern fast paced lifestyles. With a team of 15 instructors, Inspire Yoga has empowered individuals and institutions with practical tools for optimal health and wellbeing since 2010.

Serving to the individual needs of stress management, occupational tension release and emotional resilience we adopt integrated solutions of experiential learning to transform corporate culture. Trusted by leading international organisations, our specialist leadership program takes a multi- disciplinary approach that include intentional vision setting, compassionate communication, attitude of acceptance and forgiveness, cultivating supportive connections to foster collaboration through presence, authenticity and empathy.

Our 6 Month Immersive Leadership Program is supported by daily practice videos embedded with the value that sustainable transformation starts from the inside with personal beliefs that exudes outward to interpersonal relations. Our contribution quotient stems from our ability to reprogram limiting beliefs, optimize mindset and genuinely engage with others. The daily discipline of self care instils a new paradigm of systematic change fortified with transformational weekly reflections and experiences.

EMBODIED TRANSFORMATION PROGRAM	COMMITMENT
12 IN PERSON WORKSHOPS	Bi-Monthly
ONLINE COURSE OF YOGA & MINDFULNESS	Daily- 20 minutes
SKY BREATHWORK COURSE	3 hours for 3 consecutive days
24 COACHING CIRCLES	Weekly



# CONTACT US



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*“One way to think of this process of transformation is to think of mindfulness as a lens, taking the scattered and reactive energies of your mind and focusing them into a coherent source of energy for living, problem solving, for healing”*

***Jon Kabat-Zinn***

