

Dharma Mittra Yoga in Seattle : Classes for Corporations

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I have taught Dharma Mittra classical based Vinyasa Yoga since 2008. The goal of this 3000 plus year old Hatha Yoga practice is the stilling of the chatter of the mind and the control of the ego.

Why teach this in corporations ?

Health & Increased Productivity – You will have less absenteeism, if your employees are healthy. People are often sick because of stress, repetitive movement injuries and not knowing how to respect their body boundaries. There are poses (Asanas) that can calm you, lower your blood pressure, correct your posture and relieve wrist pain. We do these Asanas always respecting the bodies boundaries every moment. All classes end with a Svasana and/or Meditation. All the poses will be chosen from the chart of 908 poses below created by Dharma Mittra over 28 years ago.



Concentration & Balance – People often have difficulty focusing their mind and concentrating on the problem at hand. Or, they have trouble turning off their mind, when it is time to go to sleep, still thinking about work. We teach the mind to focus.

Improved Communication & Ego Control - People often mistakenly think that they are their ego. You will learn practices to be able to observe your ego without being forced to instantly jump to whatever it commands. This will be done through Pranayana, that is breath/energy control. This technique is also useful for anger management.

Flexibility & Comfort - Asanas allow us to breathe into those tight places and give them more space, both on a physical and emotional level. As we become more comfortable with our bodies, we are more comfortable in many different situations. We learn that we can still breathe, even if we have all our weight on our abdomen for a few breaths. We can learn to really ground our energy so we become very stable. The final delight are twists to detoxify our organs.

Return on Investment - You will see the benefits of yoga described above in just a few weeks.

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