

Workshop 3:

Topic:	Charge yourself with Exercise
Number of participants:	25(max)
Time duration:	08 hours (one day)
Speaker	Dr.Nipun Choudhry

This session will help you to attain optimum health with our specially designed office exercises/Deskercise and learn all the right techniques of exercise along with different forms of exercise to **loose weight** and maintain your optimum BMI (Body Mass Index).Learn the breathing techniques and stretch yourself with power yoga. Learn to prevent the mid age crisis.

Learn to pep up and energize yourself. Warning signs of depression and what to do in state of depression and its prevention.

Special attractions:Action Planning & Group Counseling

