



CORPORATE WELLNESS TRAINING PROPOSAL

Karthikeyan S
NLITN Holistic Wellness Center

23-2-14

Agenda



- About *NLiTN*
 - Certifications
 - Services
- About Founder
 - Trainings and Certifications
 - Experience
- Advantages of choosing NLiTN
- Proposals
- Contact information

About NLiTN



- *NLiTN* started in September 2012
- By ex I.T Professional
- Goal of center is to produce Healthy Generation
- Why
 - Money, fame and everything is there
 - But without health nothing makes sense
 - All the money will one day be spent for getting health which will never happen
- Raising the BAR on Health First
 - Rest Follows
- Life made easy with few minutes spent daily for health



About NLiTN



- Mission

- "To become the number one Holistic Service Center by giving the highest quality Holistic health services that will delight customers and with 98% customer satisfaction."



- Vision

- To help people be extra ordinarily healthy without side effects
- To help people to have balanced work life
- To help people enjoy life and be happy no matter what
- To offer an affordable solution to health care.



About NLiTN [contd..]



- *NLiTN* started in September 2012
 - Served more than 700 customers so far

- Core Services

- Yoga
- Meditation
- Healing
- Counseling (any area of life)
- Coaching (any area of life)
- Diet Recommendations
- Naturopathy



- *Home Remedies, Mudra therapy, Mantra therapy, Water therapy, Juice therapy etc*

Certification for NLiTN



- Yoga Alliance International Certified Yoga School www.yogaalliance.in



- What it means
 - Qualified institute can train the trainers of Yoga
 - YAI will certify schools based on our recommendation
 - Follows international yoga standards
 - Goes through stringent quality requirements

About Founder



- Karthikeyan S
 - B.E (E.C.E, Madras University)
 - M.S (Software Systems, BITS, Pilani)
 - Worked at various capacities in I.T Industry for 14 years
 - Engineer to Team Architect and Manager
 - Institute/Companies Worked
 - Madras Institute of Technology as Research Associate
 - Sundram Telematics as Software Engineer
 - Future Software now Aricent, from Engineer to Team Lead
 - Continuous Computing as Team Lead
 - Infineon technologies, Lantiq communications from Systems Engineer to Team Manager
 - Corporate program
 - Infineon technologies and Lantiq communications


Trainings and certifications of Founder



- **Transcendental Meditation** www.tm.org
- **Reiki Healing**
 - Level 1 (3 times attuned from different masters including Paula Horan) and Master (Level 3 and Level 4)
- **Art of Living** www.artofliving.org
 - Level 1 and Level 2 advanced
- **Silva Ultra Mind ESP** www.silvalifesystem.com
- **Pranic Healing** www.pranichealingkarnataka.com
 - Level 1
- **NLP** <http://www.nlpcoach.in/> www.nfnlp.com
 - Practitioner, Diploma, Associate Coach, Life Coach
 - Time Line Practitioner

Trainings and certifications of Founder [contd]



- Landmark Education www.landmarkworldwide.com/

 - Landmark Forum, Advanced, Self Expression and Leadership
 - Communication Access to Power, Power to Create
 - Direct Access
 - Living and creating Miracles Seminar
 - Beyond Fitness Seminar
 - Team, Management and Leadership (2 year Program)
 - Team 1, Creating team and team work in every situation
 - Team 2, Causing effective leadership in creating team and team work
- Patanjali Yoga training
 - Regular yoga asana training for day to day life
- Reiki Retreat
 - Week long program on meditation, reiki and transformation
- Yoga teachers training <http://www.shrimathyoga.com/>

- Quantum Healing <https://www.quantumtouch.com/>



Advantages in Choosing Nlitn

- Wide exposure to various health care and wellness services which is very unique of its kind
 - Yoga, Meditation (Indian)
 - Reiki (Japanese)
 - Pranic (Philippines)
 - NLP, Quantum Touch, Silva Ultra Mind and Landmark (UK/US)
- Corporate exposure at various levels
 - Starting from engineer to manager
 - Concerns seen from different levels
- Can see beyond missing and fill the gaps
- Trainings for all ages of people
- Trained > 700 peoples and >10 trainers
- Counseled and Coached > 100 peoples
- Cost effective charges



Corporate Health Programs

- Programs designed based on corporate environment requirements
- Holistic approach to life
 - Excel at all levels not just career
- Focused on performance
- Work life balance focus
- Health and beyond
- Making better out of mind
 - Mind makes hell out of heaven and heaven out of hell
- Customizable based on needs
 - Add-ons like coaching for team building, inter personal, soft skills etc



Corporate Yoga Program Proposal

- Proposal

- CorpYoga <= 15 students, 1 hour/session
- Pranayama (breathing Practice) 15 min, asana 35 min

| PROGRAM | Sessions /week | 1 month | 3 months | 6 months | 1 year |
|---------|----------------|------------|--------------|--------------|--------------|
| NCY2DpW | 2 | Rs. 25,000 | Rs. 67,500 | Rs. 1,28,250 | Rs. 2,43,675 |
| NCY3DpW | 3 | Rs. 30,000 | Rs. 81,000 | Rs. 1,53,900 | Rs. 2,92,410 |
| NCY4DpW | 4 | Rs. 35,000 | Rs. 94,500 | Rs. 1,79,550 | Rs. 3,41,145 |
| NCY5DpW | 5 | Rs. 40,000 | Rs. 1,08,000 | Rs. 2,05,200 | Rs. 3,89,880 |

- Charges extra for additional students 5% per student
- Office environment
- Telephone support provided for students clarification
- Complementary support per month (on request only)
 - Unlimited Telephone service for entire company employees on health tips
 - 1 hour counseling/coaching for one at company
 - 2 hour counseling/coaching session at NLiTN
 - 2 hour corporate coaching on any topic at NLiTN
 - Health tip emails weekly

Corporate Yoga Meditation Program Proposal



- Proposal

- CorpYogaMed <= 15 students 1 hour/session
- Pranayama (breathing Practice) 15 min, asana/meditation 35 min

| PROGRAM | Sessions /week | 1 month | 3 months | 6 months | 1 year |
|----------|----------------|------------|--------------|--------------|--------------|
| NCYM2DpW | 2 | Rs. 30,000 | Rs. 81,000 | Rs. 1,53,900 | Rs. 2,92,410 |
| NCYM3DpW | 3 | Rs. 35,000 | Rs. 94,500 | Rs. 1,79,550 | Rs. 3,41,145 |
| NCYM4DpW | 4 | Rs. 40,000 | Rs. 1,08,000 | Rs. 2,05,200 | Rs. 3,89,880 |
| NCYM5DpW | 5 | Rs. 45,000 | Rs. 1,21,500 | Rs. 2,30,850 | Rs. 4,38,615 |

- Charges extra for additional students 5% per student
- Office environment
- Telephone support provided for students clarification
- **Complementary support per month (on request only)**
 - Unlimited Telephone service for entire company employees on health tips
 - 2 hour counseling/coaching for one at company
 - 3 hour counseling/coaching session at NLiTN
 - 3 hour corporate training on any topic at NLiTN
 - Health tip emails weekly

Corporate Integrated Wellness Program Proposal



- Proposal

- CorpYogaMed +

- Training and coaching support (max 5 hours/week)

- Counseling and Coaching support based on appointment for individuals

- Wellness Programs

- Performance coaching

- Soft skills training

- Anything related to health care services matching our profile

- Excluding CorpYogaMed charges

- Office environment

- Complementary support per month (on request only)

- Unlimited Telephone service for entire company employees on health tips

- 4 hour counseling/coaching for one at company

- 4 hour counseling/coaching session at NLiTN

- 5 hour corporate training on any topic at NLiTN

- Health tip emails weekly

- 2 employees can take yoga and meditation from NLiTN

| PROGRAM | Hours /week | 1 month | 3 months | 6 months | 1 year |
|-----------|-------------|------------|--------------|--------------|--------------|
| NCYMC5DpW | 5 | Rs. 50,000 | Rs. 1,35,000 | Rs. 2,56,500 | Rs. 4,87,350 |



Contact

- www.nlitn.in
- Contact number 98802 96269
- Email skarhitw@gmail.com





healthemily/tumblr

**BEING HEALTHY
AND FIT ISN'T A
FAD OR A TREND.
INSTEAD, IT'S A
*lifestyle.*** 



*Thanks for your
attention and
listening, looking
forward to serve
and delight you 😊*