



**THERE IS A  
CERTAIN SCIENCE  
TO EVERYTHING,  
INCLUDING YOGA.**

**by RVG Kulkarni**

**Yoga turns a  
complex dead-end...**



**into an absolutely  
clear path.**



## Science of Yoga

Did we know that 'Hatha Yoga', the eight-fold technique has a scientific base? And that these paths lead us to creation of happy hormones like oxytocin, serotonin and so on?

Would yoga help us navigate this fiercely competitive, ruthless concrete jungle? Would 'Yoga' as a way of life help us find peace while being highly active ?

We try settling our restless minds, but to no avail. We try various experiments to strike the balance but fail again. It's time to stop and turn towards yoga. If we understand the science behind every yogic practice we will have no hesitation to adopt.

Yoga is India's biggest gift to mankind. And it is much more than the typical yoga postures we are exposed to day in and day out.

Yoga is derived from the word 'Yuj' which means union; the union of our soul with the higher spirit. The right practice can give us clarity, help us focus on our duties, and lead us to the missing peace in our puzzled life.

Understanding science behind Ashtanga Yoga is the answer for every issue. Imbibing it in our daily lives will truly elevate our lives leading to happy individuals, society and peaceful world. Come on-board this journey to a new way of life.



## I am RVG Kulkarni

**A Catalyst with NO frills**

Hi, My three decades of experience in the corporate world exposed me to countless learning opportunities, most importantly about life and on how to convert obstacles into opportunities and stress into bliss. In my exciting journey I developed and mastered time management and prioritization techniques, effective communication skills, motivational and leadership skills.

Apart from the constant practice of Ashtanga yoga, I studied the mindset of people in blue zones and reasons for release of happy hormones and their impact on us. And I was eventually able to correlate yoga, science and happiness. This confluence helps us to be mindful, peaceful and happy irrespective of the external circumstances. And this workshop will reveal how to get there in the most riveting and enlightening way. Just the way I learnt it.

Hailing from a tiny village in India, I was surrounded by invisible walls and ceilings. Having a dream itself was a distant dream. How ever I couldn't subside my urge to excel and converted a paper boat in a narrow stream into a mammoth ship in an ocean.

I worked hard, experimented, took my chances, burnt my fingers, turned every failure into experience, obstacles into opportunities and made it to where I am today - 'A person' with relentless hunger to learn, share, enjoy the grind, delink the outcome and stay blissful.

I am the fine balance between creative expressions - through singing, acting in films, direction, writing and drama - and professional excellence in the banking domain. I keep fit through Yoga, HIIT, Shuffle dancing; agile through playing TT, badminton; and peaceful through meditation.

My book 'A Leader's Tripping Points' received enormous success. I am regular on panels of management institutes, trade bodies for discussions on Time management, Prioritization, Communication skills, Science of Yoga, Happiness, Leadership and so on. I have travelled over 14 countries and my journey has given me authentic anecdotes and outstanding examples that will not just motivate you, but also entertain you.

My sessions are fun and lively and by end of it you will see your team and yourself gleaming with new energy and confidence and take on any challenge to emerge as the blissful champions.



**Session Time:  
4-6 hours**

**Ideal Audience:  
30 to 40 people**

drop an email @ [info@blissinfiniti.com](mailto:info@blissinfiniti.com)