

Yoga @ office: A new mantra for well being



Our modern lifestyle has us sitting more than ever before and we are 24x7 neck deep into technologies with no time at hand to exercise. This is precisely why a lot of ailments and diseases are taking a toll on our health. If quotes are to be believed, they say 'health is wealth' and following that great piece of advice Koenig helps the corporate world ease the pain. How? Well, making time for the busy-bees; they offer special yoga sessions in the office premises and encourage the employees to participate.

The concept of Corporate yoga is new which helps in declining stress-related sick occurrences at work. It also keeps a person fresh and revitalised throughout the day. By practicing yoga it is seen that a person has improved concentration, better decision-making skills and the ability

to multi-task.

If you agree with the three reasons mentioned below, you too are a chair-stricken soul!

Working for long hours on a computer?

Sitting for too long?

Less breaks and more work?

To tackle these sedentary lifestyle issues, Koenig Solutions regularly have yoga sessions for their corporate students and believes in investing in the health, so as to make them effective human resources. Making office yoga exercises a part of workers routine can work wonders as the exercises don't demand much time, and can be done in spurts throughout the day, sparing the employees from unnecessary discomfort in the long run.

Koenig comes with a bag full of advantages!

A one-stop shop for all certifications: Koenig offers a wide range of courses and certifications from Microsoft, Cisco, Oracle, VMware, Adobe, Apple, Autodesk, Android etc.



You get to learn from the best instructors in the industry: Best company to work in education and training industry for the years 2010, 2011, 2012, 2013 and 2014.

An effective 1-on-1 training module: You get individual attention of the trainer for the entire duration of the Boot Camp.

They have the world's largest IT training centre in the Capital, New Delhi: Koenig has a global presence & has been serving customers in over 50 countries across the globe.