



EXECUTIVE STRESS MANAGEMENT PROGRAMME

Everybody in this world wants to lead a happy and peaceful life by enjoying all the moments without stress and tension. But unfortunately the present life style, working environment and family relationships reduces the capacity to enjoy life and makes oneself tired, lifeless and disinterested in things. Besides these the stress and tension leads to diseases like hypertension, heart attack, strokes, ulcers, asthma, spondylosis, back pain, migraine, insomnia, allergies, skin disorders and sexual difficulties.

Sleep and relaxation are important means of reducing stress. Other methods of relaxation are through Nature Cure treatments and yogic asanas, pranayama and yoga nidra. **Nirmayee Nature Cure Centre** provides you a best programme which includes the above mentioned techniques to conquer your stress and tension without the bitter pills of harmful side effects.

One month program is designed as follows by our doctors:

NATURE CURE TREATMENTS

Ist Week

- 1st Day : Enema + Mud pack+ Neutral spinal spray
- 2nd Day : Full body massage (Oil) + Hot foot bath
- 3rd Day : Neutral immersion bath + Cold spinal spray
- 4th Day : Full body massage (Vibro) + Wet pack
- 5th Day : Under water massage + Neutral chest pack
- 6th Day : Steam/ Sauna + Head massage

2nd Week

- 1st Day : Full body massage (Oil) + Neutral spinal spray
- 2nd Day : Neutral immersion bath + Cold spinal spray
- 3rd Day : Full body massage (Vibro) + Wet pack
- 4th Day : Under water massage + Local mud pack
- 5th Day : Steam / Sauna + Head massage
- 6th Day : Full mud bath + Contrast foot bath

3rd Week & 4th Week

Same as 2nd week, but the treatments of the day may be changed.

YOGA

Yoga, Pranayama, Meditation, Yoga Nidra and other relaxation techniques are beneficial for the maintenance of general health and mental relaxation, can serve as the best shock-absorbers against stress.

Asanas	Pranayama	Kriyas
Pavana Mukthasana	Kapalbhati	Kunjali
Sarvangasana	Anuloma-Viloma	Jal-Neti
Halasana	Shitkari	
Ardha Matsyendrasana	Shitali	
Bhujangasana	Bhramari	
Yoga Mudra		

Yoga sessions will also be taught during this program

DIET

Diet also plays an important role in fighting against stress. Soothing diet rich in lecithin and sprouts which are wholesome food rich in all vitamins, minerals and enzymes are good. Appropriate diet pattern will be given during this course.

LIFESTYLE MODIFICATION

Above all, develop patience and learn to hold your temper. Whosoever loses temper, loses the case. Have a positive attitude at all times. Proper rest, relaxation, laughter and sound sleep are a must to combat tension / stress. You can get lifestyle modification advice which suits your profession and social environment from our doctors.