

SRIANDA is a business dedicated to supporting your wellbeing, we offer Yoga Programs and Professional Coaching Services.

"You can't change the world but you can change your attitude, when you change your attitude you change your world." -Swami Durgananda from 'Thoughts are Things'

**STRESS MANAGEMENT** - focusing on skills to enhance performance and wellbeing in the workplace, ideal for management teams, professional development programs and staff training days.

**YOGA for SCHOOLS** - this program meets VELS standards & enhances emotional intelligence - Year 10 DP program teaching stress management and relaxation to students at your school.

**RELAXATION AND MEDITATION** a 6wk program - you will learn skills to assist with chronic stress and chronic fatigue, this program is suitable for people with Fibromyalgia.

*Programs are delivered in your workplace, school or organisation.*

**WEEKLY YOGA CLASSES** in Elwood and Pt Melbourne

**PROFESSIONAL COACHING SERVICES** - Coaching can produce extraordinary results in your life, career or business.

**CD - A POSITIVE APPROACH TO PAIN CONTROL** - for people who suffer with chronic pain and chronic fatigue this CD is suitable for people with Fibromyalgia.