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## **World Yoga Day 2022: Landmarks organizes “Sound Bath Meditation” in the workplace to help employees reset from Post Pandemic Stress**



Every year since its inception, people around the world take out their yoga mats and we see masses in events. While this is good at creating awareness on the benefits of yoga as an exercise, people are still unaware that yoga goes back centuries and is deeply rooted in health and healing. Probably due to the commercialization of complicated poses much seen in western media, Yoga has been taken as an exercise fad.

International Yoga Day 2022 is themed “Yoga for Humanity”. As leading player focusing on Lifestyle and Wellness, Landmarks Bhd organized a very memorable event for all its employees. The event was synchronized with its operations team in Bintan, Indonesia. “The purpose of this event was not only to create an awareness on the benefits of taking time out but also on resetting the mind to increase personal productivity and empowering individuals to be the best versions of themselves ” said Jasvinder Kaur – Head of Communication, Wellness and ESG Reporting.

Yoga is an ancient practice that originated 5,000 years ago in India. Yoga was developed as a way to interconnect the mind, body and soul to function as a healthy unit, alleviate physical injuries and chronic pain. Capitalizing on the increasing global consumer consciousness on wellness, V Integrated Wellness is a division of Landmarks Bhd that is devoted to personal renewal and sustainable lifestyle change. V aims to help people live healthier and happier by living with a sense of purpose in tune with spirit, nature and community.



***Combining Sound healing with yogic stretching provides the ultimate healing for the mind***

“Posttraumatic stress disorder (PTSD) in the midst of this pandemic is a significant public health concern said C.K Fong, Group Chief Operations Officer of Landmarks Bhd. The economic and social fallout has resulted in mental health problems such as acute psychological distress, anxiety, and depression. We are glad to lead this change in the work place and our wellness division “V Integrated Wellness” is organizing such services for all corporate offices. Do get in touch with us should you consider this for your organization.

# LANDMARKS

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