

NIMBA - MONTHLY POA - SEPT 2016

Post 1: - Ganesh Chaturthi - 5th Sept

Image Content:

Devote yourself to God into his Natural Divine!

Post Content:

Lord dwells where nature and serenity reside. Meet and greet lord Ganesha's eternal presence in Nimba's natural composition.

#HappyGaneshChaturthi #Nimba

Post 2:

Image Content:

How well do you know Su-Jok Therapy?

Post Description:

'Su' means hand while 'Jok' means palm.

Sujok Therapy is a healing methodology based on Acupressure, and is a simple method that produces highly effective results. In Sujok therapy, palm and foot represent the all the active points in the body corresponding to all the organs/parts of the human body.

Experience Sujok Wellness Treatments at Nimba.

#NimbaWellness

For details visit - www.nimba.in or call us at (#)

Post 3:

Image Content:

Go Natural... This Onam!

Post Description:

Celebrate the true spirit of the harvest festival in its entire splendor at Nimba.

Post 4:

Nimba Celebrity

Post 5:

Image Content:

Regular detoxification is not a fancy flaunt.

It is absolutely critical for our health.

Post Description:

Detoxification is about resting, cleaning and nourishing the body from the inside out. Get rid from toxins and welcome pure health and restore the balance in life.

Experience the enriching detoxification at Nimba!

For details visit - www.nimba.in or call us at (#)

Post 6:

Image Content:

Wonders of Corporate Yoga with Employees:

1. Better problem solving skills
2. Quickens response timing
3. Restores calmness in mind
4. Destresses Back pain
5. Boosts Energy and Vitality

Post Description:

When we are healthy, we perform better! It's simple.

Explore the heavenly bliss of Yoga with Nimba's experienced Yoga experts.

For details visit - www.nimba.in or call us at (#)

Post 7:

Testimonial

Post 8: (News Sharing)

Image Content:

Yoga is taking big leaps into professional lives!

<http://indiatoday.intoday.in/story/yoga-ayush-corporate-india-office-schedules/1/677661.html>

Post Description:

News say... Yoga soon to get profession world, a mandatory break. Why wait? Go for your yoga and naturopathy rejuvenation program at Nimba.

For details visit - www.nimba.in or call us at (#)

Post 9:

Image Content:

Desk Yoga

Shoulder circles (backwards and forewords), wrist circles, rolling up and down from ragdoll with bent knees

Post Description:

Small things. Big impact. Try Desk Yoga and feel the transformation for yourself.

#Nimba

Post 10:

Nimba Celebrity

Post 11:

Image Content:

Work killing you to Frustration? Try the reviving bliss of Yoga at work and workplace.

Post Description:

Yoga at workplace is a convenient and practical option that can improve work performance by relieving tension and job stress.

#YogaAtWork #Nimba

Post 12:

Image Content:

Yoga and meditation, a perfect balancing of mind, body and soul!

Post Description:

Stress, Time constraint, Travelling, Deadlines, working at odd hours has become a challenge to balance Life in all dimensions. Try the empowering and rejuvenating power of Yoga and Meditation.

#TryNimba

Post 13:

Image Content:

Do you know the art of Reflexology?

Post Description:

Hand and Foot Reflexology massage can be a deeply relaxing and therapeutic modality for those suffering from plantar fasciitis, ankle injuries or even everyday work and play.

Nimba's expert massage therapists will apply traditional Swedish and sports massage techniques to the foot, calf and upper leg to take you for a relaxation like never before.

For more read: <http://www.nimba.in/special-therapies.html>

Post 14:

Testimonial

Post 15:

Image Content:

Heart is Calling for Help... Are you Listening?

Post Content:

This World Heart Day, gift your heart, a blissful experience of Naturopathy at Nimba.

For details visit - www.nimba.in or call us at (#)