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# RESOLVING MIND, BODY & SOUL !

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AI ENABLED SMARTPHONE CLOUD IOT SOLUTION

**YOGO**

*"Prevention is better than cure"*

July 2018

# ARE YOU LOSING SLEEP TO REALIZE YOUR DREAMS?

LONG WORK HOURS, LESS SLEEP, SEDENTARY LIFESTYLE, LOSS OF APPETITE, TEMPERAMENTAL ISSUES AND INCREASING STRESS IS BECOMING A ROUTINE WITH MANY.



# DO YOU HAVE A SOULFUL LIFE TO MAKE YOUR HEART BEAT?

- MOST OF US EITHER DISCRETELY OR WITH PROFOUND CONFIDENCE ASPIRE TO BE RECOGNIZED AS THE LEADER AND THE MOST FOLLOWED (IN MILLENNIAL TERMINOLOGY).
- WE IMAGINE OURSELVES OCCUPYING THE COVER OF A LEADING MAGAZINE. WHAT DOES IT TAKE TO BE HERE BESIDES FOCUS, HARD WORK, CONFIDENCE AND GOOD LUCK?

# ARE YOU SPEEDING IN CIRCLES?

- MOST OF US PROGRAM OURSELVES ON ROAD TO SUCCESS WITHOUT REALIZING THAT WE ARE CAUGHT UP IN CESSPOOL OF WASTING OUR ENERGIES
- WE DO NOT HAVE THE TOOLS OR TECHNIQUES TO GET DIRECTED IN MAKING OURSELVES EQUIPPED TO IDENTIFY THE ROAD TO SUCCESS AND PERFORMANCE MANAGEMENT



# SUCCESS IS NOT THE FINISH LINE, IT IS ANOTHER MILESTONE

- FITNESS OF BOTH BODY AND MIND LEADS TO SUSTAINED ENERGY
- SUSTAINED ENERGY IS A BY PRODUCT OF SOULFUL LIFE
- SOULFUL LIFE IS ATTAINED BY DISCIPLINED LIFE STYLE
- CONSTANT SHORT TERMS GOALS, MONITORING OF VITAL PARAMETERS AND EXPERT MENTORING KEEPS YOU ON TRACK



## YOGO

RESOLVING MIND, BODY AND SOUL WITH ITS  
AI ENABLED SMARTPHONE BASED CLOUD IOT SOLUTION



- SET YOUR PHYSICAL PARAMS
  - DEFINE GOALS.
  - TRACK DAILY / WEEKLY / MONTHLY TRENDS.
  - SEE YOUR HEART BEAT PER MIN.
  - BREATHE SOUL INTO YOUR HEART.
  - TRACKING & ENCOURAGEMENT FROM DIGITAL MENTOR.
  - AI COMPONENT ENABLES YOU TO CHECK CALORIES, CARBS, PROTEINS OF YOUR MEAL, REAL TIME.
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- INFO OF YOUR SLEEP, ACTIVITY, HR, STRESS, FATIGUE, BODY QUALITY, HEART AGE ARE ALL A TAP / CLICK AWAY.
  - AVAIL ADVISORY SERVICES OF OUR COACHES.
  - GET ENERGIZED, REMAIN IN VIGOR & SEE YOURSELF PERFORM TO SUCCESS AGAIN AND AGAIN.