

# *yoga for conferences & corporate events*

During a long day in the conference room, with heavy concentration, your delegates will need to clear their minds and keep their energy levels high and focused. Our short 15 minute Mini Yoga Breaks or our longer Yoga classes are designed to motivate and stimulate attendees leaving them with a feeling of well being, a clear head and open to new ideas.

- Our 15 minute Mini Yoga Breaks (chair and standing Yoga) are a great pick-me-up to help rejuvenate your mind and body.
- Business attire is suitable for the class.
- Relieves neck and shoulder tension, back pain and tight hips.
- Transforms fatigue to alertness, stamina and greater productivity.
- Boosts concentration to more effectively absorb the material being presented.
- Also available are 30 to 90 minute mat or chair Yoga classes in the morning, mid-day or post conference.



[vancouvercorporateyoga.com](http://vancouvercorporateyoga.com)

**Tel:** 604-267-YOGA (9642)

