



Would you like Yoga in your Workplace?

Benefits of Yoga / Corporate Benefits:

- Enhances work performance
- Increase morale & efficiency
- Reduces stress & anxiety
- Improves memory, focus & concentration
- Tones & strengthens muscles
- Improves posture & flexibility
- Less sick time & absences
- And even improve your golf or tennis game



Who can do Yoga?

Anybody! All you need to be able to do, is breathe! Oprah Winfrey, Christy Turlington, Sting, Madonna, Gweneth Paltrow, Reese Witherspoon, Lady Gaga, Russell Simmons, Adam Levine, Halle Berry, Drew Barrymore, Woody Harrelson, Matthew McConaughey are just some of the many well-known names who swear by the benefits of yoga.

Yoga in the Workplace:

Constant stress at work, staring at a computer screen, making deals, breaking deals, meeting demanding deadlines and negotiating pesky office politics – pressures like these have been propelling Vancouverites into Yoga classes for years. But what if your exhausting work schedule makes it tough to get to classes as much as you'd like? Better yet, what if you want to introduce your equally stressed co-workers to yoga? We can arrange for a Vancouver Corporate Yoga certified teacher to bring Yoga to your workplace.

Corporate Yoga is being embraced by many progressive businesses around North America. Businesses are getting smarter by offering Yoga wellness programs to their employees. As an employee benefit and preventative health measure, this proven stress reliever is a great low cost perk for your employees. Vancouver Corporate Yoga would like to offer you a package to heal, energize and keep your employees happy and healthy.

The purpose of Vancouver Corporate Yoga is simple: to transform the tension and fatigue in your workplace to alertness, stamina and greater productivity. Whether you are a doctor, a lawyer, a banker, a pop star or a politician, we will help you to obtain better results in your work and give a better service to your clients.

We guarantee you and your employees will leave each and every class feeling refreshed and restored and better able to deal with the pressures of today's workplace.

To learn more about how Vancouver Corporate Yoga can increase your company's productivity and enhance employee health and job satisfaction, call us at 604-267-YOGA (9642).

Rates for Workplace and Conference Classes:

- Workplace yoga or at your conference, more than 15 students, the rate is **\$6.00** per person, per class (plus tax).
- For your onsite class at your workplace or at your conference, groups with 15 students or less, the rate is **\$90** per class (plus tax).
- For classes at our location inside the Contenders Athletic Club, the corporate rate for us to host you at our location is \$140 plus tax for classes with 15 students or less. Or \$10 per student for classes with more than 15 students.