

Employee Yoga & Wellness

How do you want to cultivate better health?



5 Koshas
yoga and wellness

Yoga and Mind-Body Practices for Stress Reduction & Better Health

Yoga and other mind-body practices offer unique benefits to employees, including accessible movement for all bodies. Some common benefits of yoga and mind-body practices include:

- Better balance
- Focus and energy
- Stress reduction
- Improved sleep
- Improved mood
- Relief from tension and pain.

Research on the impact of yoga for specific conditions continues to expand. Several key studies have demonstrated that specialized and targeted Viniyoga™ interventions can impact low back pain, pain, stress, sleep, depression, and respiratory function; all health concerns that impact employee populations.

What We Offer:

On-Site Corporate Classes & Events

In-Studio Private Classes & Events

Webinar Programs

Services & Fees

On-site Series (1 hr class per week)

\$60/person for 6 weeks – Minimum of 7 participants.

*Discounts may apply for some groups such as educators, minimum # for a 6 week series would be 10 participants.

*Participants can attend an in-studio class if they miss an on-site class.

On-Site Corporate Special Events

45 – 60 minute class – \$100/event

Special Events – In-Studio

60 -75 minute class, teacher provided – in-studio - \$105/class

Webinars

Call to discuss your interests and needs.

Topic/Class Series/Special Event Ideas

Yoga for Fitness

Vinyasa Flow

Yoga for Core Strength

Yoga for Desk Dwellers

Yoga for Stress Reduction

Yoga for Better Balance

Beginning Meditation for Stress Reduction & Health

Therapeutic Yoga for Low Back, Hips and Knees

Therapeutic Yoga for Upper Back, Neck and Shoulders

Yoga for Better Sleep

Yoga for Anxiety and Stressful Times

Yoga for Winter Seasonal Changes

Tai Chi Fundamentals

Yoga & Kali Martial Arts