



Namaste Studios

BRING YOGA + MINDFULNESS INTO YOUR WORK PLACE

**Give your employees a tool to manage stress,
improve work/life balance & increase productivity
...YOGA!**

WHY YOGA?

Yoga can provide a way to find balance, open the mind, and focus the energy needed to achieve goals!
Still need more reasons to bring yoga into your workplace?

**Need a yoga break at
your upcoming event?**

WHY A YOGA BREAK?

Whether it be at a conference, business meeting, retreat, employee and volunteer training, or special events, we can work with you to tailor a yoga or workshop sessions specifically for your needs! A yoga break can:

- Increase energy and productivity
- Build teamwork
- Provide a refreshing break for your participants!

BENEFITS FOR EMPLOYERS

- Improve productivity
- Decrease absentee days
- Lower healthcare premiums
- Improve teamwork, morale and job satisfaction for employees, leading to lower turnover rates
- Extra perk to offer to prospective employees
- Reduce work related stress



WHAT WE OFFER Corporate Yoga Classes

We have special rates for companies that would like to buy memberships to our studio, as well as:

- Private yoga classes in your workplace or in our studio
- Weekly or Monthly yoga classes

BENEFITS FOR EMPLOYEES

- Exercise for the body and mind
- Increase focus and concentration
- Relieve common backache, neck-ache and shoulder-ache problems
- Improve posture and flexibility

Corporate Health Workshops

Looking for a talk session tailored specifically for you? We can help with our Health Workshops focusing on:

- Healthy relationships with food
- Developing healthy habits
- Mindfulness in the workplace and everyday
- Stress and Time Management
- Work-Life Balance
- Sleep as a Part of a Healthy Lifestyle
- Prioritizing wellness and diversity training

**Got something in mind that
you'd like to introduce to
your workplace or events?**

Get in touch with us!

Contact Us:

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