



YOGA CLASSES

15-60 Minutes

Custom Packages are available upon request.

MEDITATION -This ancient practice will relax your body and focus your mind. Meditation increases the quality of life, lowers blood pressure, enhances sleep, and more.

PRANAYAMA- A practice of breath retention or control. Can be done seated or combined with specific asanas (yoga poses). Boosts energy, vitality, and immune function.

CHAIR YOGA- A modified yoga class done seated in chairs and standing using the chairs for support. A great solution for office teams who are too busy or tight on space to participate in a traditional class with a mat.

ALL LEVELS HATHA YOGA -A beginner-friendly class that focuses on a mix of stretching, strengthening, and balancing poses, as well as breathing and meditation.

VINYASA YOGA- A highly energized and fast-paced style of yoga. Each class will finish with stretching and relaxation. Participants should be somewhat fit before starting this intermediate class.

YIN YOGA-This style of yoga targets the connective tissues, like ligaments and tendons. Yin Yoga involves long-held, static poses to deeply release tension. Props are needed for this class, such as cushions and blankets.

FOUNDATIONS IN YOGA-Designed to provide participants with the groundwork for some of yoga's most foundational poses. This class is appropriate for all levels, including absolute beginners.

All include:

- 2% back in loyalty rewards
- Complimentary Consultation and Preconference Meeting
- Marketing and Promotion to Attendees
- Staff Surveys (upon request)
- Budget Pricing not Based on Attendance
- Discounts Available for Multiple Programs

