



Yoga Body & Balance

Authentically caring for every individual

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Corp Yoga

Feeling exhausted at the end of the day and wishing you had some time for yourself to restore? Would you like to leave work feeling vibrant, healthy and in good spirits?

Yoga at work may be just the answer.

Yoga can help you to:

- Develop greater mental clarity and control
- Improve stamina and resistance to illness
- Experience greater energy and vitality
- Manage stress
- Improve overall health
- Decrease aches and pains and much more!

Now is your chance!

Get your buddies together to sign up for a four yoga session at work! The more the merrier. Here is the deal:

4 week session

- Minimum 10 people — \$60 per person

Bring your own mat. Dress comfortably.

Choose a quiet, comfortable space such as a lunchroom or conference or boardroom where chairs and tables can be moved aside. Carpet is great.

Feel good guarantee. If you don't like it before the third class, get your money back! Call Yoga Body and Balance at 489-YOGA (9642) or email us at info@yogabodyandbalance.com to set up your class.

For more information please visit: www.yogabodyandbalance.com.

