The Center for
Mind & Body Wellness
Psychotherapy & Healing Arts

Lunchtime Yoga

Imagine a workplace with healthy and happy employees

Bring the benefits of yoga into the workplace and notice the dramatic improvement in stress management, productivity, and overall well-being.

A certified yoga instructor will come to your business and provide a 30- minute yoga class tailored to the needs of your employees. The class can accommodate all fitness levels and will use a combination of meditation, breath work, deep stretching, and physical poses to enhance mental clarity and invigorate the body.

Classes can be conducted as often as requested. Reserve a 6-week series meeting once per week and receive 10% off our regular price. Yoga mats will be provided. The class can adjust to various group sizes depending on the space available.

Pricing

1 session	$100
6-week Series {1x per week}	$540

Please call 858.566.6514 for more information

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