

# Support your Corporate Team

with an Employee Wellness Program

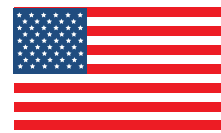
- Hatha Yoga
- Vinyasa Yoga
- Meditation
- Modified Chair Yoga
- Mat Pilates
- Fitness (Bootcamp, HIIT, Cardio Core)
- Dance
- Stretching
- Mindfulness Based Workshops
- Laughter Yoga
- ... and more!

Classes are 100% customized to suit the level & unique needs for your team.



Choose from Virtual Online  
classes or Onsite Wellness  
Programs right at your office!

Available across the  
USA & Canada



**I N N E R G Y**  
corporate yoga

[www.innerycorporatheyoga.com](http://www.innerycorporatheyoga.com)

# Why start a corporate wellness program for your team?

## Benefits to Employers:

- Boost productivity
- Improve morale
- Support well-being of your team
- Save \$ on healthcare costs
- Reduce staff turnover
- Lower employee absenteeism
- Attract top talent

## Benefits to Employees:

- Reduce stress & tension
- Increase energy
- Improve posture
- Become strong & physically fit
- Improve focus / concentration
- Peace of mind
- Increase mindfulness



*All you need for our programs is a yoga mat or chair and comfortable clothing.*


### 3 Convenient Payment Options

1. Company pays 100%
2. Staff pay 100%
3. Company/staff split



Book your complimentary online consultation with an Innergy team member today!

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