



Corporate YOGA

Our all levels yoga classes are a mix of stretching, strengthening & balancing poses as well as deep breathing & meditation.

Why yoga for your team?

- Reduce stress & anxiety
- Improve energy levels
- Increase flexibility
- Boost employee engagement
- Reduce staff turnover
- Save money on healthcare costs
- Provide a fun program your team will appreciate



Virtual Options also available!

**Onsite Programs Across
Canada & the USA**



Book your Complimentary Consultation today

www.innergycorporateyoga.com

1.888.457.3543