



HEALING HANDS

Corporate Wellness

Yoga

WHY IT'S BENEFICIAL

Yoga classes blend movement and stretching with mindful breath work. Many of the techniques can be combined with ergonomic exercises that participants can incorporate throughout their workday. Benefits include:

- An increased sense of calm
- Renewed focus
- Lower blood pressure
- Less worry
- Improved sleep quality

HOW IT WORKS

We offer packages of classes at various times, Monday-Friday. Many clients enjoy morning classes at 8 a.m., so employees can get their workday off to a focused start. Lunchtime sessions are helpful to those looking to de-stress in the middle of their day. Evening classes offer a chance to unwind before heading home. A limited number of yoga mats can be provided at no additional cost.

