



YOGA@Work



Yoga 4 You is excited to offer our **Yoga@Work** corporate wellness program. Many major U.S. corporations are discovering the enormous **benefits** of yoga-based wellness programs. Taking breaks in the workday with **yoga** has proven to be one of the most effective ways in helping employees **relieve stress** and become **refreshed** and **more focused**. We have a variety of offerings available to make it easy to customize a plan that fits your needs. We are happy to discuss these options with you.

For whatever type of program you choose, one of our certified yoga instructors will come to your place of business and teach a 45 or 60 minute yoga class designed specifically for your employees. We can also supply rental yoga mats for a small additional fee. Our professional office personnel will work with you to coordinate a class that fits your needs and will coordinate with one of our certified and experienced teachers. We will also handle all of the invoicing—whether you choose corporate or individual billing for your program.

Beginner's Workshop

Our Beginner's Workshop is one of our most in-demand workshops at *Yoga 4 You*—and now we can bring this program to your employees! This 3-session workshop is a great way to learn about yoga in a safe and supportive environment. It is geared towards the absolute beginner. Over the three sessions students will learn about yoga and its benefits. They will learn & practice some basic yoga postures and breathing exercises to prepare them for a Level 1 yoga class. Upon 'graduation' from the workshop, all students will receive a very special discount at *Yoga 4 You* to allow them to continue to grow in their yoga practice. Class sizes: 10-20.

Beginner's Workshop Cost per Student: \$36

Individual Class Rates

Maybe you have a special event coming up (i.e. National Health Week) and want to do something fun for your employees. Maybe you're looking for a great team building event? Or maybe you just want to try out a class before you commit to a series. If you'd like to set up a single class, either at your location or at our studio, we have set up some special options just for you.

Company Paid Class

1-15 students: \$150 per class

16-30 students: \$200 per class

Capacity: 30 students

Individually Paid Class

Cost per student: \$15

Minimum guarantee: 10 students

Payment is due prior to class. If you'd like to give your employees a special gift, consider purchasing **customized yoga mats** with your logo that they can then take home with them after the class. We are happy to provide you with a bid on customized mats.

Multiple Class Contract Rates

Sign up for a series of at least 5 classes and receive a 20% discount!

Company Paid Classes

1-15 students: \$120 per class

16-30 students: \$160 per class

Contract minimum: 5 sessions

Individually Paid Classes

Cost: \$12 per session

Minimum guarantee: 10 students

In-Studio Classes

If you don't have an appropriate space and would like to offer your employees a special class at our facility, we can set that up as well. We will create a class at a specific time that is exclusively yours. Costs would be the same as on-site classes, but with no additional charge for mats.

Employer Subsidized Class Packages

Another very simple way to offer a wellness program to your staff is to subsidize their yoga classes. Offer to pay for a portion of their purchase of a 5 class pack at *Yoga 4 You*. Make it a one-time offer or set it up on an annual basis. We can customize your subsidization package however you would like.

Donations

If you have an event coming up and are looking for a donation, we are happy to donate a Beginner's Workshop Session (\$30 value) for you to offer your employees.

Contact Info

For more information on our **Yoga@Work** program, contact:

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Benefits of Yoga in the Workplace

Increased productivity • Morale booster • Overall improvement of employee health • Less absenteeism • Lower risk of on-the-job injury • More friendly and enjoyable workplace • More focused and less anxious employees • Reduced stress

YOGA@Work is offered exclusively from **YOGA4you**

Professional Yoga Studio | Certified Yoga Teachers | Yoga 4 Every Body