



# Corporate Yoga Program

Businesses and community organizations are continuing to turn to alternative healthcare programs to offer their employees. With the rising costs of health care, stress-related illness and job injuries – Business Owners and Human Resource Departments are finding cost savings by providing yoga programs to supplement other traditional healthcare offerings.

Whether through onsite yoga classes, or subsidized yoga classes at the Yoga Vista Studio, more local businesses are turning to our experienced team of teachers to facilitate self-help healthcare for their employees. Studies have found that yoga in the work environment has proven to:

- ❖ Fewer sick days lost
- ❖ Less back pain
- ❖ Better problem solving skills
- ❖ Quicker response time
- ❖ The ability to Stay Cool
- ❖ Energy and Vitality
- ❖ Stronger Team Bonds
- ❖ Reduces apathy and depression

## Class Descriptions

**INTRODUCTION TO YOGA:** Perfect for beginners or continuing students who want to learn proper alignment in postures and develop awareness of the breath. Yoga basics are taught to establish a foundation of safety in your practice.

**ALL LEVELS/GENTLE:** An ideal class for all ages who enjoy a gentler, slower class. Suitable for students with special needs and experienced students who happen to like the pace. Use of a chair is optional.

**ALL LEVELS/ACTIVE:** A well-rounded Hatha style class promoting mind-body awareness through asanas (postures), pranayama (focused breathing), and deep relaxation. Teacher will offer modifications for a supportive and inspiring class.

**INTERMEDIATE/ACTIVE:** A challenging yoga class that builds heat, endurance, flexibility, and strength. Energize the body and uplift your spirit in this dynamic Yoga practice.

**HYBRID:** We can customize a yoga class to meet the needs of your particular student population. From slow to fast-paced, from beginner to advanced.

## PRICING:

30 Minutes	\$75.00	1-15 Students
60 Minutes	\$125.00	1-15 Students
75 Minutes	\$150.00	1-15 Students
90 Minutes	\$175.00	1-15 Students

- ◆ 15+ Student pricing available
- ◆ 4 Class minimum commitment – 50% paid in advance
- ◆ 2-week Cancellation notice
- ◆ Corporate Yoga Students receive 20% off 1<sup>st</sup> series at Yoga Vista

*"The Tri-City Wellness Program has partnered with the Yoga Vista Studio to offer our employees a variety of onsite yoga classes. By providing our employees of the healthcare environment a time to unwind and escape, we are creating a healthier work environment and in turn, a better quality of care for our patients." Rudy Gastelum, Tri-City Medical Center Employee Wellness Program*