

Work Place Yoga

We bring yoga to you right at your workplace

Top Reasons to Try Out Workplace Yoga Now

REDUCE STRESS: Studies show that yoga helps in reducing work related stress and pressures with help of a range of breathing techniques and mindful meditation.

REDUCE OCCURENCES OF OCCUPATIONAL HEALTH RELATED AILMENTS: Yoga alleviates ailments related to long times spent in front of the computers, and sitting in the same place for desk jobs resulting in better posture and reduced back, neck, joint and muscle problems

INCREASE PRODUCTIVITY: Yoga enhances the overall wellbeing of the employees thereby contributing to increased productivity

REDUCE ABSENTISM: Yoga increases the body's immunity thereby reducing occurrences of seasonal ailments like cough, colds and influenza. Continue flyer text here.

BOOST CREATIVITY: Solutions 'come to us' when our minds are less preoccupied with "stuff" and allowed to 'be'. Yoga enhances the creative potential in everyone

IMPROVE RELATIONSHIPS:. Yoga changes our perspective/ outlook towards others by separating a person from the work he/she has to this. This greatly



Shuddha Yoga

pure, pristine... as laid down by the sages

Study Shows

According to researchers from the stress reduction clinic at the University of Massachusetts Medical Center in Worcester, yoga in conjunction with meditation can relieve stress and improve work performance

Pricing

**Customized
Quarterly Packages
Available to Suit
Employees Wellness
Goals**

*Free Initial
Consultation to
assess the employee
wellness goals*

Shuddha Yoga

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Who Are We

We are your on-site yoga specialists

Shuddha Yoga specializes in designing customized yoga programs suitable to the needs of various organizations and its employees. Our free consultation meeting includes assessing the needs of and wellness goals of your company and your employees. Based on the initial assessment, we design a program that helps the employees achieve maximum benefit out of the program.

Our classes are based on a system that matches the company's wellness goals with appropriate levels of activities and instruction for the employees. We believe that matching your current level of fitness to our instruction will make your experience of yoga enjoyable, inspiring, fun and long lasting.

A typical course begins with an introduction to aspects of a traditional yoga practice, including poses, breathing techniques and meditation. The focus is on basic postures, including standing poses, forward bends and twists along with stress management techniques

Poses are presented at a pace suitable for everyone with many long-held poses to gently release tension in the joints and connective tissue..

Poses and techniques are reviewed and refined in an ongoing, weekly format.