



Shuddha Yoga

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

# Your Onsite Yoga Specialists

## Our Services

**Corporate Yogis** – Specialized workplace programs designed to reduce stress and increase productivity.

**Yoga for the Golden Years** – Gentle Chair Yoga Programs suitable for Retirement Homes and Senior Centers.

**Little Yogis** – Yoga programs for kids that incorporate the elements of creativity and fun, perfect for schools and daycares

**Yoga as Therapy** – Programs designed to target and overcome specific ailments, a great addition to your medical, physio, addiction or injury clinic

**Yoga for Not For Profit Organizations** – Programs designed to suite the needs and requirements of NPO including fundraisers, community programs, charity events etc.

**Yoga Parties** – Perfect way to treat yourself, your friends and family by throwing them a holistic yoga party

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## Contact Us