

Yoga At Work®

The Natural Solution to Workplace Stress



YOGA AT WORK PROGRAMS

- ▲ STRESS MANAGEMENT SEMINARS
- ▲ ONE-TIME WORKSHOPS
- ▲ HATHA YOGA WORKSHOP SERIES
- ▲ ONGOING HATHA YOGA CLASSES
- ▲ MEDITATION CLASSES
- ▲ PRIVATE CLASSES
- ▲ ONE-DAY RETREATS

212/929-0586, ext. 69 • www.YogaAtWork.org

Integral Yoga Institute's Yoga At Work programs make a big difference at media companies, financial institutions, apparel manufacturers, hospitals, universities, non-profits and other businesses in the New York area.

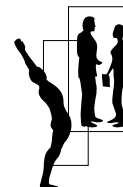


Employers see:

- ▲ Increased productivity
- ▲ Decreased absenteeism
- ▲ Higher morale
- ▲ Lower turnover
- ▲ Fewer insurance claims for common illnesses

Yoga classes can be held practically anywhere in the office, on the floor or in chairs. Yoga can be practiced by men and women of all fitness levels, ages and body types. Yoga's simple yet profound system of stretches, breathing and quiet relaxation brings immediate benefits:

- ▲ Improved function of all internal systems of the body
- ▲ Stronger bones, leaner muscles and more flexible joints
- ▲ Greater mental clarity and ability to handle stress



YOGA At Work®
227 WEST 13TH STREET
NEW YORK, N.Y. 10011

Make Yoga At Work a beneficial part
of your work environment.
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STRESS MANAGEMENT SEMINAR

Help your employees reduce the #1 problem in the workplace today with a two-hour, morning or full-day stress management seminar in a wide range of practices that can make a real difference in people's lives at work and at home.

ONE-TIME WORKSHOP

An invigorating two-hour introduction. The perfect way to see if your staff is interested in more classes or workshops.



MEDITATION CLASSES

Guided by a certified instructor, a two-hour workshop or three-session course offering different meditation techniques to calm the body and mind. Various levels of meditation instruction are available as participants progress.

PRIVATE CLASSES

Individual one-on-one sessions for those seeking more personal instruction or who may have special needs.



HATHA YOGA WORKSHOP SERIES

An exciting and comprehensive series of four, six, or eight sessions. Deeper focus on the practices gives employees a complete introduction with extra time for personal attention.

ONGOING HATHA YOGA CLASSES

Classes can be arranged to fit your schedule and run from 60 to 90 minutes as often as you'd like, any time of day or evening.

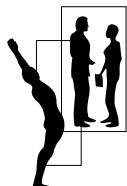


ONE-DAY RETREATS AT INTEGRAL YOGA NEW YORK

Bring your staff to our beautiful West 13th Street school for a customized combination of meditation, Hatha Yoga class, relaxation workshop and other special offerings. A delicious and healthful vegetarian lunch is optional.

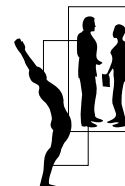
YOUR CHOICE

We can customize any combination of classes and workshops for your organization. **No time or space in your office?** Buy your employees an Integral Yoga multi-class card and send them to us!



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The opportunity to go from their work stations to a Yoga class right on your premises is very appealing to staff members at all levels—a convenience that inspires loyalty and respect. Even those who don't attend classes are impressed that their companies offer them!



- Employees gain:
- ▲ Improved concentration
 - ▲ Increased motivation and creativity
 - ▲ Fewer aches and pains at their desks
 - ▲ An overall sense of well being about their lives, work and companies

Integral Yoga will manage your Yoga At Work program by visiting your company, helping schedule classes, and providing trained, certified and insured teachers.

- Taught on the floor or in chairs, classes will include:
- ▲ eye movements to relieve eyestrain
 - ▲ stretches and postures to promote better alignment
 - ▲ breathing for greater health and well-being
 - ▲ deep relaxation and meditation for mental clarity

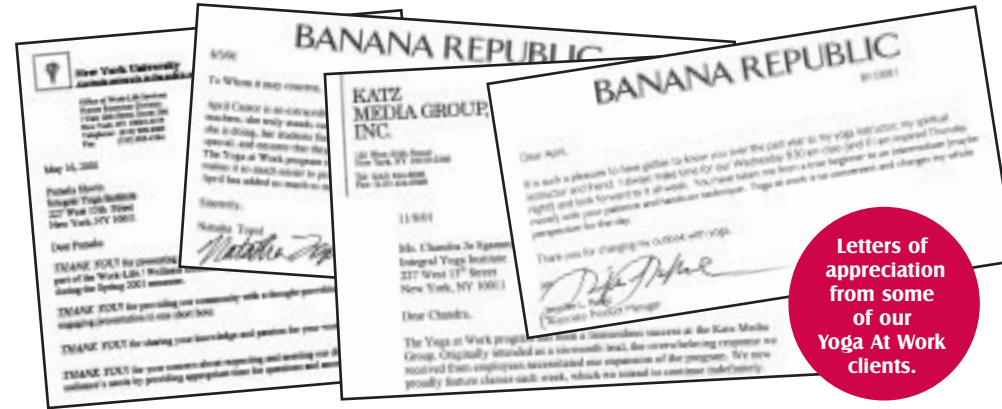
These practices will be instructed to encourage your employees to incorporate them on a comfortable level at work, at home or on the road.




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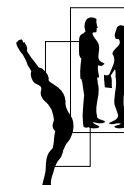
"Everyone in class is raving about how amazing it was, from people who say they slept more soundly to many more who talk about how relaxed they feel. I've only heard the most positive things about the class."
Ilana Seidel, Yoga At Work organizer and participant at COA in New York



Letters of appreciation from some of our Yoga At Work clients.

Our fees are highly competitive and can be paid by the company or by employees themselves. Prices are for whatever number of employees your space can accommodate. Special rates are available for non-profits and universities. Yoga mats are available at a discount.

Two-Hour Introductory Workshop		\$ 300.00
Regular Ongoing Classes	60—90 minutes	150.00
	45 minutes	125.00
Workshop Series	4 sessions	800.00
	6 sessions	1,100.00
	8 sessions	1,350.00
Stress Management	2 hours	300.00
	Half day	500.00
	Full day	800.00
Private Sessions	Individual	75.00
	Second student	50.00
Meditation Classes	2 hours	350.00
	3 session course	1,000.00
One-Day Retreat		50.00 per person



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