



## **CORPORATE WELLNESS: YOGA WORKSHOPS**

### **Details**

- Classes run 60-75 minutes
- Offered in 6-8 week sessions
  
- Cost: \$20pp per class  
OR
- Commit to complete series at \$18pp per class\*  
*\*10 student minimum*

### **Available times**

1. Lunch break yoga 12-1pm M-F:  
- Revitalize on your mat and avoid the afternoon crash.
  
2. Stretch out your commute 5:15-6:30pm T-Th  
- Avoid commuter woes and work out your day's frustrations on the mat! Return home calm and ready to handle what the evening has in store?

### **Class style:**

Vinyasa - Class is taught in a flowing style, moving from one pose to the next while linking breath to movement. All levels are welcome as the class focuses on form and key actions in the body. The deep connection to breath helps to draw the student's attention inward and allows for deepening in each pose. The pace also permits for longer holds of the poses which aides in the muscle memory. Suited for all levels.

### **Required:**

- Conference room or other open floor space to accommodate 10-25 employees.
- Individuals should bring their own yoga mats.

**CALL 978-766-0365 or visit our web site <http://www.me-timeyoga.com/> to book now!**



## ABOUT ME TIME YOGA

Me Time Yoga is a private yoga practice that provides individual and group yoga instruction for the overworked and overstressed in the comfort and convenience of your home or office setting. We believe Yoga is for everybody no matter the age, ailments or level of physical fitness. Whether you spend most of your day behind a desk, behind the wheel, or behind schedule, we bring the yoga studio to you and work with all ages and body types from athletes to those preferring a more gentle style. Together we develop an appropriate series of poses to bring balance to the body and mind. Over time, students will lengthen and strengthen their muscles, increase flexibility and find peace of mind through a regular practice. Fit in some Me Time today and enjoy life more fully **every** day.

Benefits of a regular yoga practice
- Reduce stress and anxiety
- Improve circulation and oxygen flow
- Increase concentration
- Improve coordination
- Strengthen muscles
- Create flexibility of body and mind
- Restore the body from repetitive actions
- Create a deeper sense of spirituality
- Detoxify the body including internal organs and skin
- Improve overall health