



# Corporate Yoga Series

## Proposal



## Why Corporate Yoga?

Corporate yoga has been widely utilized across North America to engage and improve employee productivity and to create a healthy and positive corporate culture. Because of yoga's versatile and safe approach to exercise, it is suitable for any environment.



**Fact:** For every \$1 invested in workplace wellness, a company can expect \$3 in cost savings and benefits<sup>1</sup>.

### Benefits

#### Businesses:

- Increased productivity
- Reduced employee absenteeism
- Decreased staff turnaround
- Reduced health care premiums
- More attractive to potential employees seeking employment with your company
- Positive culture and attitude
- Higher job satisfaction
- High return on investment (ROI)

#### Employees:

- Improved health
- Calm and focused mind
- Reduced stress levels
- Increased energy & decreased fatigue
- Enhanced posture
- Avoid back pain, neck pain, and wrist pain
- Improved confidence in decision-making
- Enhanced socialization
- Weight loss

### Why?

Research shows that sitting for too long can be very detrimental to our health<sup>2</sup>. We need to move more, breathe more deeply, and remember that we don't need to be stressed to do a great job. We want to show you the tools you can use to improve productivity, reduce health costs, and have healthier and happier employees.

### What?

We bring yoga to you, at your office. Safety is our top priority, which is why we focus on accessible yoga poses. We get employees to focus on relaxing and working with their breath to gain a clear and calm mind, while working and stretching the body.

### How?

Through our different Corporate Yoga options, we bring a healthy yoga culture to your company. All the poses are chosen specifically to improve health and productivity at the office. We believe there is a yoga style and a yoga class for everyone. Let us show you how.

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1: A Closer Look: Wellness ROI. *International Foundation of Employee Benefit Plans*. 2012.

2: Corliss J. Too much sitting linked to heart disease, diabetes, premature death. *Harvard Health Publications, Harvard Medical School*. 2015.



## Option A: Chair Yoga Corporate Program

This option is ideal for those who want a yoga experience that is tailored to a busy and small workplace environment. Including yoga poses, breathing techniques, helpful health tips and stress release. Students bring comfy/stretchy clothes and water, and we bring the experience to guide the class safely through each chair yoga pose.

### Details

Duration of Program:	4 months (16 weeks)
Duration of Class:	30 minutes
Frequency:	1 class per week
Time of Day:	Either held during lunch (12:00pm or 1:00pm) or held after work (5:00pm)
Class Specifications:	Mixed Chair Yoga, done on a chair
We Provide:	Certified yoga instructor, relaxing music
You Provide:	Uninterrupted space, chairs



### Pricing

Price per Class	\$109.00
Price per Month (4 weeks)	\$436.00

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**Program Total (16 weeks)    \$1,744.00 (HST included)**

### Terms

\$50.00 due upon booking to secure dates and times.

Payment for the 4 month program is due one week prior to first paid class.

A 24hr rescheduling notice is required for all classes.

Accepted payment methods are credit card, cheque, wire transfer, and e-mail transfer.



## Option B: Corporate Yoga Program

This option is ideal for those who want a comprehensive yoga experience that is tailored to a workplace environment. Including yoga poses, breathing techniques, helpful health tips and stress release. Students bring comfy/stretchy clothes, water, and a mat, and we bring the experience to guide the class safely through each yoga pose.

### Details

Duration of Program:	4 months (16 weeks)
Duration of Class:	45 minutes
Frequency:	1 class per week
Time of Day:	Either held during lunch (12:00pm or 1:00pm) or held after work (5:00pm)
Class Specifications:	Mixed Corporate Yoga, done on a yoga mat
We Provide:	Certified yoga instructor, relaxing music, 2 spare mats
You Provide:	Uninterrupted space



### Pricing

Price per Class	\$149.00
Price per Month (4 weeks)	\$596.00

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**Program Total (16 weeks)    \$2,384.00 (HST included)**

### Terms

\$70.00 due upon booking to secure dates and times.

Payment for the 4 month program is due one week prior to first paid class.

A 24hr rescheduling notice is required for all classes.

Accepted payment methods are credit card, cheque, wire transfer, and e-mail transfer.



## Yoga Class Facilitator

### Lindsay Kuipers

Working with Lindsay is a truly rewarding experience. The knowledge and passion she brings to classes really makes yoga assessable to all individuals and groups. With her background of 4 years in the corporate world, she has a firm grasp of what employees are seeking in a yoga experience.



### Certification

250hr from Hot Yoga Wellness International Inc., RYS® – Yoga Teacher Training Program

## Client References

“Lindsay is an amazing yoga instructor. She is passionate about yoga and she does in fact “Breathe in Yoga”. I looked forward for Tuesday and Thursday lunches, that’s when a group of us got together and Lindsay lead us through a relaxing ½ hour of “chair yoga”. We all felt very invigorated and energized after the class. I can truly say by doing chair yoga I became more flexible, it made me aware of the importance of having a proper posture and more importantly I noticed an improvement in my energy level.” – *Christine K.*

“...My back was extreme sore and stiff. I blame it on a poor ergonomic design seat in my car combined with too much driving... The poses and stretches were specifically selected to help with my hips and back. I had never tried yoga before...yet found Lindsay's instructions very clear and easy to follow along. She made sure I was always positioned correctly in order to optimize the benefits of the pose as well as to ensure I wouldn't do any further harm to my back. Afterwards I felt fantastic ...instantly felt relief from my back pain. The next day my back felt better than it had for a month...I strongly give my recommendation for Lindsay's yoga class. She is a natural and will make you feel relaxed, calm and healthy.” – *Melanie S.*



Go ahead.  
Build a culture employees brag about!



breathe   
in yoga

[www.breatheinyoga.ca](http://www.breatheinyoga.ca)  
[info@breatheinyoga.ca](mailto:info@breatheinyoga.ca)  
(905) 242-6917

